



Recipe: Salad with pears



INGREDIENTS

For the Salad:

- 2 canned pear halves
- 6 cups mixed greens
- 1/2 tablespoon Parmesan cheese
- 1 1/3 cups carrots, grated
- 3 tablespoons walnuts

For the Dressing:

- 1/4 cup pear juice
- 1/4 teaspoon each of cider vinegar, honey, dijon mustard, and olive oil
- 1 dash salt and black pepper

DIRECTIONS

1. For the dressing, mix pear juice, vinegar, honey, mustard, salt and pepper, and olive oil in a blender and blend until smooth.
2. Put mixed greens in a large mixing bowl, drizzle dressing over greens, and mix together.
3. Add remaining chopped pear, walnuts, and grated carrots and toss lightly.
4. Portion out 1 cup of salad and top with grated Parmesan cheese.

Nutrition Information: Serves 6: Total calories 64, total fat 3g, saturated fat 0g, sodium 86 mg, carbohydrates 10g, fiber 2g, protein 2g.

Source: MyPlate.gov