

FIELD GREENS WITH WALNUTS & PEARS

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1.5 cups

Nutrition (per serving)

Calories: 200

Total Fat: 12 g

Saturated Fat: 1 g

Sodium: 210 mg

Total Carbohydrate: 25 g

Dietary Fiber: 3.5 g

Protein: 2 g

Ingredients

1/2 cup walnut halves

1/2 cup dried cherries

6 cups baby salad greens, washed and dried

2 ripe pears, quartered, cored and thinly sliced

Freshly ground pepper

Dressing Ingredients:

1 Tbsp balsamic vinegar

1/2 tsp Dijon mustard

1/2 tsp salt

1/4 tsp freshly ground pepper



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3 Tbsp walnut oil

Directions

1. Toast the walnuts: preheat oven to 350o F. Spread walnuts on a baking sheet or in a shallow pan. Bake, stirring once or twice, until lightly browned and fragrant, 7-10 minutes. Set aside.
2. To make dressing: in a large salad bowl, whisk together vinegar, mustard, salt, and pepper. Drizzle in oil, whisking until combined.
3. Add greens, pears, dried cherries, and gently toss together until lightly coated with dressing. Sprinkle toasted walnuts and pepper over salad. Serve immediately.