



Pear, Spinach & Walnut Salad

Salad:

2 cup seedless red grapes, halved
1 cup chopped celery
4 large pears (thinly sliced)*
8 cup baby spinach
(washed & dried)
¼ cup chopped walnuts

Dressing:

4 Tablespoon cider vinegar
4 Tablespoon water
1 Tablespoon olive oil
¼ teaspoonsalt
¼ teaspoonblack pepper

1. Combine dressing ingredients in a large bowl and stir with whisk.
2. Add grapes, celery and pears to dressing mixture and toss to coat.
3. Place spinach in a bowl, pour grape mixture on top of spinach and toss thoroughly.
4. Sprinkle salad with walnuts.

* If pears are not available, substitute it with apples of your choice.

1 cup of salad with 1 Tablespoon of dressing:

Calories: 140

Fat: 4.75g

Fiber: 4.53g

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Sodium: 112mg