



Pear, Spinach & Walnut Salad

Serves 8

Salad:

- 2 cups seedless red grapes, halved
- 1 cup chopped celery
- 4 large Bartlett pears, thinly sliced*
- 8 cups baby spinach, washed and dried
- ¼ cup chopped walnuts

Dressing:

- 4 tablespoons cider vinegar
- 4 tablespoons water
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

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

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

Nutritional information for 1 cup salad with 1 Tbls dressing:

Calories: 140

Fat: 4.75g

Fiber: 4.53g

Sodium: 112mg