

Autumn Harvest Pear Salad

by: Heather Wolfe, MPH, RDN, LD

Serves 4

Ingredients

- 2 pears, sliced thin (Bartlett's work well, but any will do)
- ¼ cup dried cranberries
- ½ cup walnuts, chopped
- 2 ounces gorgonzola or shaved Parmesan cheese
- 5-6 cups or (1) 5-ounce bag of salad greens (spring mix, spinach, lettuce)
- Balsamic dressing (store-bought or see below for make-your-own)

Homemade Balsamic Dressing

- 1/3 cup extra virgin olive oil
- 2 1/2 tbsp balsamic vinegar
- 1 tbsp honey
- 1 tsp dijon mustard
- 1 1/2 tbsp finely diced shallot (or substitute onion with a pinch of garlic powder)
- Salt and freshly ground black pepper to taste

Instructions

1. Wash greens and put into salad bowl along with sliced pears.
2. If serving immediately, toss with balsamic dressing (otherwise serve dressing on the side)
3. Top with dried cranberries, walnuts and cheese.

Nutrition (per serving): 325 Calories; 25 g Fat; 5 g Sat; 20 g Carbohydrates; 5 g Protein; 4 g Fiber; 156 mg Sodium

Heather's Healthy Hints

- ✓ This is one of my favorite fall salad with it's the pears, walnuts and cranberries. A little sprinkle of cheese goes a long ways. I like using gorgonzola, but for a subtler taste try shaved parmesan.