

Celebrate Pear Month!



Pear Salad

Serves: 4 | Serving Size: 1 and 1/4 cups

4 cups mixed baby lettuce, washed and chopped
1/4 cup quartered dried figs
1/4 cup dried raisins and cranberries
1 pear, cored and sliced
Balsamic vinegar to taste
Drizzle of olive oil
Black pepper to taste
1 tablespoon toasted almond slices

Mix the lettuce with the figs, dried fruit, pear, vinegar, oil, and pepper. Place on plates and top with toasted almonds.

This recipe serves 4. Each 1 and 1/4 cup serving contains 108 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 11 mg sodium, 22 g carbohydrate, 3 g fiber, 15 g sugars, and 2 g protein.

Each serving also has 42% DV vitamin A, 5% DV vitamin C, 4% DV calcium, and 5% DV iron.

Chef's Tips:

This is a great salad for winter, when pears are in season. Serve it at your next holiday gathering!

Cooking Lesson:

Dried fruits and nuts add flavor, texture, and color to a salad.

Nutrition Lesson:

Dried fruits are often high in nutrients, but they are also high in calories. Exercise portion control whenever you make them a part of your meals

Pear Facts:

Pears ripen from the inside out, instead of from the outside in.

When you're at the grocery store or farmers' market, choose firm, heavy pears and let them ripen at home for a day or two.

There are more than 3,000 varieties of pears.

Pears and roses are related.

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