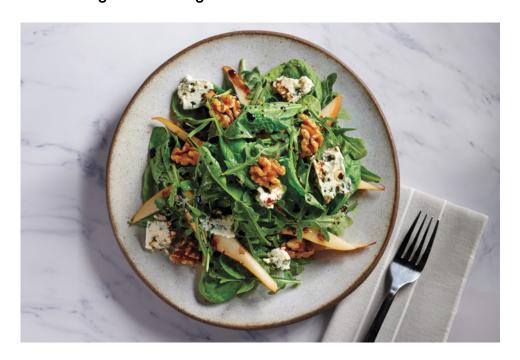
Pear-Walnut Salad with Pomegranate Vinaigrette



Serves 4

Sweet and savory unite in this classic salad with a gourmet twist of complex, delicious flavors. Crisp, seasonal pears are sliced and "peared" with baby arugula, candied walnuts, and blue cheese crumbles, then tossed in a pomegranate vinaigrette for a sweet-tart finish.

Ingredients

- · Baby arugula
- · Pear
- · Blue cheese crumbles Contains: milk
- · Pomegranate molasses
- · Balsamic vinaigrette
- · Candied walnuts Contains: tree nuts

Tools & Pantry

- · Kitchen knife & cutting board
- · Salad bowl
- · Small bowl
- · Kitchen tongs
- · Salt & pepper

- 1 Cut the pear in half and cut away the core, then thinly slice.
- 2 In a small bowl, combine the pomegranate molasses and balsamic vinaigrette.
- 3 In a salad bowl, gently toss the baby arugula and pear with the pomegranate vinaigrette.
- 4 Transfer the salad to serving plates. Lightly season with salt and pepper, then finish with the candied walnuts and blue cheese crumbles.



Contains: Milk, Tree Nuts (walnut).

Nutrition: Calories: 210, Protein: 5g, Fiber: 2g (7% DV), Total Fat: 14g (18% DV), Saturated Fat: 3.5g (18% DV), Cholesterol: 15mg (5% DV), Sodium: 260mg (11% DV), Carbohydrates: 17g (6% DV), Total Sugars: 11g, Added Sugars: 5g (10% DV). Not a significant source of trans fat.

Packed in a facility that handles all 9 major food allergens and gluten. Protein should be cooked to the minimum internal temperature as recommended by the USDA.