

# 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.

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### 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

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**Total time range: 10 min (Prep: 10 min)**

**Rinse your produce:** Gently pat dry

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- 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.