

Garden Salad with Pears

Sweet and savory, this salad is sure to delight with the addition of pears, carrots, and Parmesan cheese.

Makes: 6 servings

Ingredients

Salad

- 6 cups salad greens
- 1 pear, sliced
- 1 ? cups carrots, grated
- 3 tablespoons walnuts, chopped
- 1 tablespoon grated Parmesan cheese



Dressing

- ¼ cup apple juice
- ¼ teaspoon apple cider vinegar
- ¼ teaspoon honey
- ¼ teaspoon Dijon mustard
- 1 dash salt and black pepper
- ¼ cup olive oil

Directions

1. For the dressing: whisk juice, vinegar, honey, mustard, salt, pepper, and olive oil.
2. Drizzle dressing over greens and toss.

3. Top with pear, carrots, walnuts and Parmesan cheese.

Note: Canned pears can be used in place of fresh. Choose pears canned in 100% juice and use the leftover juice to make the dressing (in place of the apple juice).

###

USDA is an equal opportunity provider, employer, and lender.