Lunch, American

Pear and Arugula Salad with Blue Cheese

Sweet sliced pears and peppery arugula are tossed with toasted walnuts and crumbled blue cheese, then finished with a honey Dijon balsamic dressing.



Vegetarian

25 min	170	15 g	9 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 8 cup arugula (washed and dried)
- [ ] 2 whole pears (ripe, thinly sliced)
- [ ] 1/2 cup walnuts (toasted and chopped)
- [ ] 3 tbsp blue cheese (crumbled)
- [ ] 2 tbsp balsamic vinegar
- [ ] 2 tbsp extra virgin olive oil
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp honey
- [ ] 1/2 tsp kosher salt
- [ ] 1/4 tsp black pepper

Method

- [ ] 1 Tip the arugula into a large bowl and scatter the pear slices, toasted walnuts, and crumbled blue cheese over the top.
- [ ] 2 Whisk the balsamic vinegar with the extra virgin olive oil, Dijon mustard, honey, kosher salt, and black pepper in a small bowl until blended.
- [ ] 3 Drizzle the dressing over the salad and toss gently so everything is evenly coated.

Nutrition Facts

Per serving

Calories	**170**
Total fat	12 g
Saturated fat	2 g
Sodium	240 mg
Total carbs	15 g
Fiber	3 g
Total sugars	9 g
Protein	3 g

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