Lunch, Mediterranean

Pear and Arugula Salad with Shaved Pecorino

Peppery arugula and thin slices of pear are layered with walnut halves and shavings of cold Pecorino Romano cheese, then tossed in a simple balsamic vinegar and extra virgin olive oil dressing.



Gluten free

5 min	110	7 g	4 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 6 oz arugula
- [ ] 1 med pear
- [ ] 1/4 cup walnut halves
- [ ] 1/2 oz Pecorino Romano cheese (cold, freshly shaved)
- [ ] 2 tbsp balsamic vinegar
- [ ] 2 tbsp extra virgin olive oil
- [ ] 1/2 tsp black pepper

Method

- [ ] **1** Tip the arugula into a large salad bowl.
- [ ] **2** Cut the pear into the thinnest slices you can manage and lay them over the arugula.
- [ ] **3** Scatter the walnut halves across the top.
- [ ] **4** Use a vegetable peeler to shave the cold Pecorino Romano cheese over the bowl.
- [ ] **5** Drizzle the balsamic vinegar over the salad, then follow with the extra virgin olive oil.
- [ ] **6** Season with the black pepper, toss everything together well, and serve.

Nutrition Facts

Per serving

Calories	**110**
Total fat	8 g
Saturated fat	1.5 g
Sodium	40 mg
Total carbs	7 g
Fiber	2 g
Total sugars	4 g
Protein	2 g

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