



UNIVERSITY OF DELAWARE  
**COOPERATIVE  
EXTENSION**

## Apple, Pear, and Walnut Salad

### Servings

6 servings

### Ingredients

- 2 tablespoons red wine vinegar
- 2 ½ tablespoons orange juice
- 1 orange (zested)
- ½ cup raisins
- 4 apples
- 2 pears
- 2/3 cup walnuts (chopped)
- 2 tablespoons olive oil
- salt and pepper to taste

### Directions

1. In a large bowl, whisk together vinegar, orange juice, zest, and raisins,
2. Core and cube apples and pears
3. Add the fruit and walnuts in the bowl and drizzle with oil
4. Toss well to combine
5. Season to taste with salt and pepper
6. Chill one hour before serving

### Nutrient content per serving

- Calories- 230cals
- Carbs- 29g
- Protein- 2g
- Fat- 13g
- Sodium- 1mg
- Fiber- 6g



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