



UNIVERSITY OF DELAWARE  
**COOPERATIVE  
EXTENSION**

## Pear and Balsamic Salad

### Servings

3 servings

### Ingredients

- 1 cup walnuts
- 1 bag mixed greens
- 1 pear (thinly sliced lengthwise)
- ¼ cup dried cranberries
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 1 medium shallot (minced)
- salt and pepper to taste



### Directions

1. Combine walnuts, mixed greens, pear slices, and cranberries in a large bowl and mix
2. In a smaller bowl, combine vinegar, olive oil, shallots, salt, and pepper and whisk until combined
3. Drizzle dressing over the salad and serve

### Nutrient content per serving

- Calories- 458cals
- Carbs- 29g
- Protein- 7g
- Fat- 36g
- Sodium- 60mg
- Fiber- 6g

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