Pear and Lettuce Salad

Dressing:
1/4 cup orange juice
1 tablespoon balsamic vinegar
1 teaspoon honey
2 teaspoons canola or walnut oil

Salad:
4 cups baby lettuce, washed and spun dry
2 ripe pears, halved, cored and sliced
2 tablespoons chopped pistachio nuts
1/4 cup feta cheese, crumbled

1. Whisk together all dressing ingredients. Set aside.
2. Arrange lettuce equally on four plates.
3. Top lettuce with equal amounts of pear slices.
4. Sprinkle 1/4 of nuts and cheese over each plate.
5. Whisk dressing to recombine ingredients. Drizzle salads with dressing.

Yield: 4 servings

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Calories 144</th>
<th>Calories from fat 63</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per recipe: 4</td>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat 7g</td>
<td>11%</td>
<td>Saturated Fat 2g 9%</td>
</tr>
<tr>
<td>Cholesterol 8mg</td>
<td>3%</td>
<td>Sodium 129mg 5%</td>
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<tr>
<td>Carbohydrate 15g</td>
<td>5%</td>
<td>Dietary Fiber 5g 21%</td>
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<tr>
<td>Protein 8g</td>
<td>16%</td>
<td>Calcium: 21% Iron: 8%</td>
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<tr>
<td>Vitamin A: 95%</td>
<td>Vitamin C: 77%</td>
<td>Folacin: 91%</td>
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Modified from original source: [http://www.aicr.org/](http://www.aicr.org/) accessed 9/18/07
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Oklahoma Cooperative Extension Service 4/07