

Sweet Pear and Celery Salad

This serves like a gourmet dish, but is simple to prepare. Have it as a first course or serve with sliced grilled chicken for a delicious lunch or light dinner.

Ingredients

- 6 large stalks celery, trimmed and diced
- 2 T fruit vinegar (cider, raspberry)
- 2 T honey
- 1/4 tsp salt
- 2 large ripe pears, diced
- 1/3 cup grated Parmesan cheese, preferably fresh
- 4 T chopped walnuts
- Fresh ground pepper
- 4 large lettuce leaves

Directions:

Whisk vinegar, honey and salt in a large bowl. Add pears and stir to coat. Add celery, cheese and walnuts. Stir to combine. Season with pepper. Place a large lettuce leaf on each plate and top with an equal portion of salad.

Serve as a side salad, or mix with 2 to 3 ounces of cooked diced chicken.



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 161

Fat 7g

Saturated Fat 1g

Cholesterol 0mg

Sodium 300mg

Carbohydrate 19g

Dietary Fiber 2.7g

Protein 5g

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