



Crunchy Pear and Celery Salad

Shine **365**
Marshfield Clinic

PREP TIME: 25 minutes • **SERVINGS:** 6

INGREDIENTS

- 4 stalks celery, trimmed and cut in half crosswise
- 2 tablespoons cider, pear, raspberry or other fruit vinegar
- 2 tablespoons honey
- ¼ teaspoon salt
- 2 ripe pears, diced
- ½ cup finely diced white Cheddar cheese
- ½ cup chopped pecans, toasted (see tip)
- Freshly ground pepper, to taste
- 6 large leaves butterhead or other lettuce

TIP: To toast chopped pecans, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. To make ahead, prepare salad without pecans up to 2 hours before serving. Stir in pecans just before serving.

INSTRUCTIONS

Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into half-inch pieces.

Whisk vinegar, honey and salt in a large bowl until blended. Add pears and gently stir to coat. Add celery, cheese and pecans and stir to combine. Season with pepper. Divide lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

NUTRITION INFORMATION

Serving: 1 cup. Each serving has 173 calories; 10 g fat (2 g sat. fat); 4 g fiber; 20 g carbohydrates; 4 g protein; 27 mcg folate; 11 mg cholesterol; 14 g sugars; 6 g added sugars; 574 IU vitamin A; 4 mg vitamin C; 154 mg calcium; 1 mg iron; 180 mg sodium; 231 mg potassium.