

# Crunchy Pear and Celery Salad

## Ingredients:

- 4 celery stalks, trimmed and cut in half crosswise
- 2 tbsp. cider vinegar
- 2 tbsp. amber honey
- ¼ tsp. salt
- 2 pears, ripe pears, preferably red Bartlett or Anjou, diced
- ¾ cup cheddar cheese, white, finely diced
- ½ cup pecans, chopped, toasted
- ¼ tsp. ground pepper
- 6 large butter lettuce leaves



\*SOY FREE



\*GLUTEN-FREE



\*CONTAINS NUTS

## Nutrition Facts

Serving Size 5 oz (142g)  
Servings Per Container 6

Amount Per Serving

**Calories 180**    Calories from Fat 90

% Daily Value\*

**Total Fat** 10g **15%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 18g **6%**

Dietary Fiber 4g **16%**

Sugars 11g

**Protein** 5g

Vitamin A 15%    •    Vitamin C 10%

Calcium 15%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Soak celery in a bowl of ice water for 15 minutes, drain and pat dry. Cut into ½ inch pieces.
2. Whisk vinegar, honey, and salt in a large bowl until blended. Add pears; gently stir to coat.
3. Add the celery, cheese and pecans; stir to combine. Season with pepper.
4. Divide the lettuce leaves among 6 plates and top with a portion of salad.
5. Prepare salad without pecans up to 2 hours ahead. Stir in pecans “just” before serving. To toast pecans, cook in a small dry skillet over medium-low heat, stirring constantly until fragrant and lightly browned (approximately 2-4 minutes).