

Crunchy Watercress, Pomegranate and Pear Salad

Ingredients:

2 Tbs olive oil
 1/2 tsp salt
 3/4 cup chopped walnuts
 3 to 4 bunches watercress, trimmed
 1 head frisee, core removed, leaves torn into bite-size pieces (about 8 cups)
 2 red or yellow Bartlett pears, cored and cut into 1/4-inch slices
 1 cup pomegranate seeds
 Juice of 1 lemon

Serves 8



Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 3g	
Vitamin A 30%	• Vitamin C 25%
Calcium 6%	• 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. Preheat oven to 350 degrees. In a small bowl or jar, mix oil and lemon juice, add salt. Place nuts on a rimmed baking sheet. Bake until golden brown, 7 to 10 minutes.
2. In a large bowl, combine watercress, frisee, pears, and dressing; toss gently to coat. Divide among plates; sprinkle with walnut pieces.



*SOY FREE



*VEGAN



*GLUTEN-FREE