FALL PEAR, WALNUT & SPINACH SALAD

INGREDIENTS

5 cups fresh baby spinach
2 medium pears, thinly sliced
½ cup chopped walnuts, toasted
⅓ cup crumbled goat cheese
½ cup pomegranate seeds
¼ cup red onion, thinly sliced

HONEY-BALSAMIC DRESSING

2 tbsp olive oil
2 tbsp balsamic vinegar
1 tbsp honey
1 tsp Dijon mustard
Salt & pepper to taste

DIRECTIONS

1. Wash and dry spinach. Place in a large bowl.
2. Add sliced pears, walnuts, goat cheese, pomegranate seeds and red onion.
3. Whisk dressing ingredients together until well combined.
4. Drizzle over salad and toss gently. Serve immediately.

NUTRITION INFORMATION

MAKES: 4 SERVINGS (PROPOSED)
SERVING SIZE: ¼ OF RECIPE
PER SERVING (APPROXIMATE)
CALORIES: ~300
PROTEIN: ~6G
FAT: ~19G
FIBER: ~5G
SUGAR: ~19G

Preliminary estimates; values depend on pear size, cheese and walnut brands.

- 💛 **SIMPLE TIPS**
- Toast walnuts for extra flavor! Use prewashed spinach and pre-cut pears to save time. Perfect for a quick, flavorful meal!

📱 SCAN FOR MORE RECIPES
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