

HEART-HEALTHY* WALNUT RECIPE

Pears with Walnut and Spinach with Citrusy Dressing

Walnuts and pears shine in this simple, delicious salad that is easy to make and sure to please.



Pears with Walnut and Spinach with Citrusy Dressing

Recipe by USA Pears



INGREDIENTS

CITRUSY DRESSING

- 1 USA Anjou or Bartlett Pear, very ripe or overripe, peeled, cored and coarsely chopped
- ¼ C Mandarin orange juice, freshly squeezed
- ¼ C Rice vinegar, unseasoned
- 2 tsp Ginger, freshly grated
- ¼ tsp Kosher salt
- ¼ tsp Black pepper, freshly ground
- 2 Tbsp Sesame oil, toasted or olive oil

SALAD

- 1 bag Baby spinach (5oz)
- 1 Green Anjou pear, large, perfectly ripe, cored and thinly sliced
- ½ C California walnuts, divided
- Salt and pepper, to taste

PREPARATION: 15 minutes **COOK:** 0 minutes

TOTAL TIME: 15 minutes **SERVINGS:** 4

DIRECTIONS

1. To prepare dressing, puree chopped pear, juice, vinegar, ginger, salt and pepper in a small blender until smooth. Add oil and blend again. (May be prepared up to 1 week ahead and stored tightly covered in the refrigerator.)
2. Place spinach, pears and ¼ cup walnuts in a large bowl. Drizzle with ¼ cup dressing and toss lightly to coat.
3. Add additional dressing, salt and pepper if desired. Sprinkle with remaining walnuts and serve immediately.

Nutrition Information Per Serving: 230 calories, 17 g total fat, 2g saturated fat, 9.9g polyunsaturated fat, 4.1g monounsaturated fat, 30mg sodium, 18g carbohydrates, 5g dietary fiber, 10g total sugars, 4g protein

*California walnuts are certified by the American Heart Association.® Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

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Visit walnuts.org for the latest walnut health research and delicious recipes.**