**PEAR AND CRANBERRY SALAD**

3 C. mixed salad greens
1/4 C. pistachios
2 T. dried cranberries
1/2 pear, cubed
1/2 C. red grape halves
1 oz. 50% reduced-fat Cheddar or other light cheese
2 T. balsamic vinaigrette dressing

**VINAIGRETTE DRESSING:**
1/3 C. balsamic vinegar
1 clove garlic, minced
1/2 tsp. fresh thyme, optional
1 T. dark brown sugar
1/2 tsp. salt
2/3 C. extra virgin olive oil

To make the dressing, whisk balsamic vinegar, minced garlic, thyme, dark brown sugar, salt and olive oil until combined. Drizzle 2 tablespoons of the dressing over the salad greens, pistachios, dried cranberries, pear, grapes and cheese.

**NUTRITION FACTS:** Serving size: 4 servings