

WINTER PEAR/ORANGE SALAD (GLUTEN FREE)

1/2 C. walnut piecesLettuce (recipe called for 6 oz. bag of butter mix)4 ripe Bosc pears, diced2 oranges, sectioned and diced1/8 C. blue cheese12 dates, coarsely chopped

HONEY CIDER VINAIGRETTE:
2 T. cider vinegar
1 T. chopped onion
1 T. honey
1 1/2 tsp. Dijon mustard
1/4 tsp. salt
1/8 tsp. pepper
1/3 C. olive oil

Nutrition Facts

Serving Size (206g) Servings Per Container

Amount Per Sei	rving		
Calories 340	0 Calor	ries from	Fat 180
		% Da	aily Value*
Total Fat 20g			31%
Saturated Fat 3g			15%
Trans Fat	0g		
Cholesterol 5mg			2%
Sodium 180mg			8%
Total Carbohydrate 39g			13%
Dietary Fiber 6g			24%
Sugars 30g			
Protein 4g			
Vitamin A 20	% • '	Vitamin (C 60%
Calcium 8%	٠	lron 6%	
*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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per grar Fat 9 • (n: Carbohydrate	e 4 • Prot	ein 4

Walnuts can be baked for 6 to 8 minutes and cooled for 10 minutes. Put the dressing on the side and enjoy.

NUTRITION FACTS: Serving size: 2 cups per serving, 6 servings