



Spinach & Pear Salad



Makes about 4 servings

Ingredients:

- 1 Bunch spinach, de-stemmed, washed thoroughly and dried
- 1 Bartlett pear
- 1/2 Cup red bell pepper, diced
- 1/2 Cup walnuts, chopped
- 1/4 Cup balsamic vinegar
- 1 Tsp. orange zest.

Preparation:

Combine spinach, pear, bell pepper, walnuts in a salad bowl. Whisk orange zest into dressing and drizzle over salad. Serve chilled.

Nutritional information for 1 cup serving:

Calories 290,
Fat 1 gm,
Protein 13 gm,
Fiber 10 gm,
Cholesterol 0 mg,
Sodium 290 mg.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 1/2010



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