

# Arugula and Pear Salad

This recipe is simple, but full of flavor! You'll enjoy the sweet, clean crispness of the Asian pears coupled with the acidity of the balsamic glaze, the spiciness of the radishes, and the robustness of the cashews.

## About the Recipe

**233 Calories · 3 g Protein · 7 g Fiber**

## Lunch · Dinner

It's easy to make your own balsamic glaze, pumping up the flavor of dressings and sauces without adding fat to the dish.

## Ingredients

**Makes 2 Servings**

- 6 tbsp (90 mL) balsamic vinegar
- 2 pears (Asian pears work best), chopped
- 4 c (80 g) arugula
- 2 radishes, thinly sliced
- 2 tbsp (30 mL) walnuts, chopped
- 2 tbsp (20 g) dried cranberries
- Coarse sea salt

## Directions

- [illegible]

# Nutrition Facts

*Per serving*

**Calories:** 226 kcal

**Fat:** 5 g

**Saturated Fat:** 0.5 g

**Calories From Fat:** 17%

**Cholesterol:** 0 mg

**Protein:** 3 g

**Carbohydrates:** 39 g

**Sugar:** 33 g

**Fiber:** 7 g

**Sodium:** 26 mg

**Calcium:** 101 mg

**Iron:** 1.5 mg

**Vitamin C:** 14 mg

**Beta-Carotene:** 601 mcg

**Vitamin E:** 0.8 mg