

# 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 *\*optional*

## Directions

1. Over medium heat, simmer the balsamic vinegar until it reduces by half, creating a glaze. Immediately spoon the glaze over the pears and toss them.
2. Toss the arugula, radishes, dried cranberries, and walnuts together and then top with the balsamic pears and a very small sprinkle of coarse sea salt. &nbsp; Note: Asian pears work best in this recipe.

# 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