



WESTERN WISCONSIN HEALTH

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

Nutrition Facts	
Serving Size (147g)	
Servings Per Container	
Amount Per Serving	
Calories 430	Calories from Fat 330
% Daily Value*	
Total Fat 37g	57%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 5g	
Vitamin A 45%	• Vitamin C 25%
Calcium 10%	• Iron 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	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	