

Pear Salad

4 celery stalks, cut into bite-sized pieces
2 Tbsp cider vinegar
2 Tbsp honey
3 ripe pears
4 ounces cheddar cheese, low fat
½ cup pecans, chopped
6 large butterhead lettuce leaves (or other lettuce)

Directions:

Whisk vinegar and honey in a large bowl until combined. Add pears, stir gently to coat. Add other ingredients - celery, cheese, and pecans; stir to combine.

Divide lettuce leaves among 6 plates and top with a portion of salad and serve.

Serves 6.

Nutrient Analysis, per serving: 167 calories, 19g. carbohydrate, 6g. protein, 8g. fat, 137mg. sodium