

A close-up photograph of fresh arugula leaves, showing their characteristic serrated edges and vibrant green color. The leaves are layered, with some in sharp focus and others blurred in the background.

Pear Arugula Walnut Salad

The Ingredients

For the salad

- 6-10 oz of arugula (about 1 cup per person)
- 2 ripe pears, sliced skin on or off
- 1.5 cups of walnuts, chopped and roasted
- 1 cup of crumbly blue cheese

For the dressing

- 3/4 cup extra virgin olive oil
- 1/4 cup of balsamic vinegar
- 1/4 tsp of honey
- salt and pepper

The Method

1. Place about 1 cup of arugula into a salad bowl or plate.
2. Arrange 3-4 pear slices in a fan on top of arugula.
3. Sprinkle about 1/4 cup of blue cheese on top of pears.
4. Sprinkle warm walnuts on top of salad.
5. Mix dressing in jar and drizzle over top of salad. Enjoy!

The Nutrition

Kcal: 345

Fiber: 6 g

Saturated Fat: 7 g

Unsaturated fat: 19 g

Protein: 10.5 g

Added sugars: 5 g