

# Cobb Salad with Pears

Sweet and savory, this Cobb Salad is sure to delight with the addition of canned pears, carrots, and Parmesan cheese.

Makes: 6 servings  
Prep Time: 10 minutes

Source: MyPlate.gov, recipe/Cobb Salad Pears

## Ingredients

For the Salad:

- 2 cans pear halves
- 6 cups mixed salad greens
- 1/2 tablespoon Parmesan cheese
- 1 1/3 cups carrots, grated
- 3 tablespoons walnuts

For the Dressing:

- 1/4 cup pear juice
- 1/4 teaspoon cider vinegar
- 1/4 teaspoon honey
- 1/4 teaspoon Dijon mustard
- 1 dash salt and black pepper
- 1/4 teaspoon extra virgin olive oil

## Directions

1. Add pear juice, vinegar, honey, mustard, and salt and pepper and olive oil in a small bowl, and mix with a fork.
2. Put mixed greens in large mixing bowl, drizzle dressing over greens and toss greens gently to mix.
3. Add pear wedges, chopped walnuts, and grated carrots and toss lightly.
4. Portion out 1 cup of salad and top with 1/2 tablespoon grated Parmesan cheese.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	64
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	86 mg
Total Carbohydrates:	10 g
Dietary Fiber:	2 g
Total Sugars:	6 g
Added Sugars:	2 g
Protein	2 g

## Utensils Needed

- Cutting board
- Sharp knife
- Grater
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Small mixing bowl
- Salad tongs

# SHOPPING LIST

Average total cost without oil and seasonings: \$15.29

Average cost/serving: \$2.54

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Fresh Spring Mix, 5 oz bag



Add 1 to Cart  
Vinegar, any type



Add 2 to Cart  
Canned Pears Halves



Add 1 to Cart  
Walnuts, 4oz bag



Add 1 to Cart  
Parmesan Cheese



Add 1 to Cart  
Honey, 12 oz



Add 2 to Cart  
Carrots



Add 1 to Cart  
Dijon mustard

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Have walnuts left over from this recipe? Place them in the fridge to last up to 6 months or in the freeze for a year or more.
- To preserve the quality of your nuts, keep them away from onions and other high-odor foods.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Spring Green Salad
  - Bow Tie Pasta with Zucchini Sauce
  - Holiday Roasted Butternut Squash