



Recipes

Salads

Pear and Pomegranate Salad

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

- 2 cups arugula, rinsed and dried
- 1 cucumber, sliced
- 1 pear, thinly sliced
- 1/2 cup raw walnuts, pecans, or pine nuts, toasted
- 1/2 cup pomegranate seeds

Directions:

1. Bake raw nuts in oven at 350° for 10 minutes.
2. Mix arugula, cucumber slices, pear slices, nuts, and pomegranate seeds together.
3. Toss with citrus vinaigrette dressing.