



Apple and Pear Salad with Almonds and Blue Cheese

Yield: 4

1 each	An Jous Pear, Cored, Sliced
1 each	Fuji Apples, Sliced
1 tsp	Fresh Lemon Juice
1 oz	Red Onions, Julienne Sliced
4 cups	Lettuce, Spring Mix
1/2 cup	Dried Cranberries
2 oz	Blue Cheese Crumbles
1/4 cup	Sliced Toasted Almonds
1/4 cup	Balsamic Vinaigrette



Slice apples and pears into matchsticks. Place in water with lemon juice for ten minutes to prevent browning. Drain and reserve.

Toss apples and pears with the remaining ingredients just before serving.

Chef's note: Use any local crisp fresh apples and pears in this recipe.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
205	4.9	27.8	9.6	10.6	330.7	3.8	3.2