

Mixed greens Salad with pear, fennel and walnuts

6 cups mixed salad greens
1 med. Fennel bulb, trimmed and thinly sliced
2 medium pears, cored, quartered and thinly sliced
2 TBSP parmesan cheese, grated
¼ cup toasted walnuts, coarsely chopped
3 TBSP extra virgin olive oil
2 TBSP balsamic vinegar
Fresh ground pepper

Divide the greens among six plates.

Scatter the fennel & pear over each. Sprinkle with cheese and walnuts.

Mix together oil and vinegar & drizzle over salads. Add pepper to taste.

Nutritional Analysis Per serving

157 calories
10 g fat (1g sat)
1 mg cholesterol
50 mg sodium
14 g carbohydrates
4 g dietary fiber
3 g protein