



## Spinach and Pear Salad with Dijon Mustard Vinaigrette

*(makes 4 servings)*

### Ingredients:

2 tablespoons water  
1 1/2 tablespoons red wine vinegar  
1 tablespoon olive oil  
1 tablespoon honey  
2 teaspoons Dijon mustard  
1/4 teaspoon freshly ground black pepper  
2 pears (Bosc or Anjou), cored and sliced lengthwise  
8 cups torn fresh spinach  
1/4 cup red onion, thinly sliced

### Directions:

In a small bowl, whisk together the water, vinegar, olive oil, honey, Dijon mustard, and black pepper.

In large bowl, add the pear slices and 2 tablespoons of the vinaigrette and toss to coat.

Add remaining dressing, spinach and onion and toss to coat

**NUTRITION FACTS:** Serving Size: 1/4 of recipe (167 g) Servings Per Recipe: 4  
Amount per serving Calories 114/ Calories from fat 37/Total Fat 4 g  
/Saturated Fat 1 g/ Cholesterol 0 mg/Sodium 80 mg

*This recipe was reprinted with permission from Public Health – Seattle King County*

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