

# Green Salad with Pears, Walnuts and Dill

Author: Adapted from Food & Wine, 9/2008



*Description: The pears are a really nice addition.*

*Notes: If you have an orange, or a few kumquats, add about a tablespoon of peel to the salad.*

1. In a very small bowl combine the vinegar, walnut oil, mustard, fresh dill and salt and pepper. Set aside.
2. In a serving bowl combine the arugula, Romaine and celery.
3. Just before serving prepare the pear and add to the salad. Whisk the salad dressing and pour onto the salad, then toss thoroughly. Garnish with the toasted walnuts and some additional sprigs of dill, if you have it.

2 tablespoons apple cider vinegar  
3 tablespoons walnut oil  
1 teaspoon Dijon mustard  
Salt and pepper to taste  
1 teaspoon fresh dill, minced  
2 cups arugula  
2 cups Romaine lettuce, chopped  
1 1/2 cups celery, sliced diagonally in 1/4 inch slivers  
1 whole pear, peeled, cored, sliced  
1/2 cup walnuts, toasted

*Per Serving (excluding unknown items): 225 Calories; 19g Fat (72.7% calories from fat); 5g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 60mg Sodium.  
Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Tasting Spoons blog:**  
<http://tastingspoons.com>