

Lunch | Dinner | Side

# Spinach and Pear Salad

**15 Mins**  
Prep Time

**10 Mins**  
Cook Time

**4**  
Servings

 **279** Calories **19g** Fat **25g** Carbs **6g** Protein



## Ingredients

 **4 Servings**  **25 Mins Total Time**  **Allergens: Nuts, Dairy**

### Vinaigrette Dressing

**3 Tbsp** Apple Cider Vinegar

**2 Tbsp** Extra Virgin Olive Oil

**1 Tbsp** Honey

**1 Tsp** Dijon Mustard

Salt and Pepper, to taste

### Salad

**½ Cup** Chopped Walnuts 

**8 oz** Baby Spinach 

**2** Ripe Pears, cored and thinly sliced

**½ Cup** Pomegranate Seeds or Dried Cherries 

**¼ Cup** Feta Cheese, crumbled

### Allergen Swap

**Nuts** Replace walnuts with sunflower seeds or omit walnuts

**Dairy** Replace feta cheese with a non-dairy alternative or omit

### Nourishment Note



#### **Spinach**

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with lupus. It also contains nutrients and vitamins that may help lower the risk of heart disease.



#### **Walnuts**

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



#### **Pomegranate Seeds**

Pomegranate seeds are incredibly high in antioxidants and may be beneficial in protecting healthy cells. Pomegranate seeds may also help to reduce inflammation associated with lupus.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Toast Walnuts

Preheat the oven to 350° F. Line a baking sheet with aluminum foil. Spread the walnuts into an even layer on the baking sheet and toast in the oven until fragrant, about 10 minutes. Pour into a small bowl after removing from the oven to cool.

### 3. Whisk Together Vinaigrette

In another small bowl, whisk together the apple cider vinegar, olive oil, honey, Dijon mustard, and salt and pepper.

### 4. Assemble Salads & Serve

In a large bowl, add the spinach, sliced pears, pomegranate seeds or dried cherries and toasted walnuts. Drizzle with the vinaigrette and toss gently to coat. Divide the salad evenly onto four plates and top each with approximately 1 tablespoon feta cheese. Serve and enjoy!

### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from [williams-sonoma.com](https://www.williams-sonoma.com)

## What You'll Need



Baking Sheet



Aluminum Foil



Small Bowls (2)



Large Bowl



Whisk



Cutting Board



Knife



Tongs

### Fatigue Buster

- Dressing can be made in advance and stored in the refrigerator for up to 5 days.
- Look for pre-chopped walnuts instead of chopping your own.
- Omit toasting the walnuts to save time.