

Lunch | Dinner | Side

Spinach and Pear Salad

15 Mins Prep Time

10 Mins Cook Time

Servings

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



Ingredients

4 Servings



25 Mins Total Time



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

- 1/2 Cup Chopped Walnuts (1)
- 8 oz Baby Spinach 👣
- 2 Ripe Pears, cored and thinly sliced
- 1/2 Cup Pomegranate Seeds or Dried Cherries 🖤
- 1/4 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



9 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

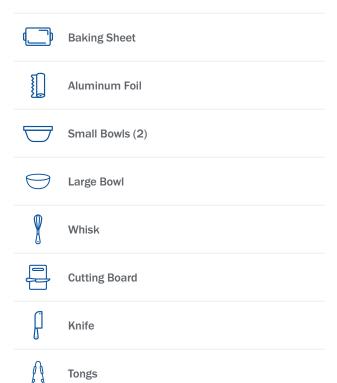
In a large bowl, add the spinach, sliced pears, pomegranate seeds or dried cherries and toasted walnuts. Drizzle with the vinaigrette and toss gently to coat. Divide the salad evenly onto four plates and top each with approximately 1 tablespoon feta cheese. Serve and enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from williams-sonoma.com

What You'll Need



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.