

Recipe Favourite



Pear, Apple and Celery Salad

AUTHORED BY: TASTE OF HOME

Fresh and tasty salad is great as a side dish, and did you know celery has natural diuretic benefits?

SERVINGS 16 SERVINGS (AS A
SIDE DISH)

PREP TIME/ COOK TIME 30 MIN

INGREDIENTS

- 2 tablespoons butter
- 1/2 cup pecan halves
- Dash salt
- 10 celery ribs with leaves
- 2 medium Bosc pears
- 2 medium Fiji apples
- Options (add a few thin slices of fennel for increased digestion and a hint of licorice-like flavour)

LEMON BALSAMIC VINAIGRETTE:

- 1/4 cup olive oil
- 2 tablespoons white balsamic vinegar
- 1 tablespoon maple syrup
- 1 teaspoon grated lemon zest
- Dash salt
- Dash pepper
- 1/4 cup shredded Parmesan cheese

DIRECTIONS

1. In a small heavy saucepan, melt butter over medium heat.
2. Heat until golden brown, 1-2 minutes, stirring constantly.
3. Add pecans and salt; reduce heat to low.
4. Cook and stir until pecans are browned, 2-3 minutes.
5. Remove from heat; transfer to a small bowl to cool .
6. Remove leaves from celery; place in a large bowl.
7. Thinly slice ribs; add to leaves.
8. Quarter pears and apples. Cut into 1/4-in.-thick slices.
9. Add to celery.
10. In a small bowl, whisk oil, vinegar, syrup, zest, salt and pepper until combined.
11. Pour over salad; toss to coat.
12. Top with pecans and Parmesan cheese.

Nutrition

1 cup: 101 calories, 7g fat (2g saturated fat), 5mg cholesterol, 72mg sodium, 9g carbohydrate (6g sugars, 2g fiber), 1g protein.