Pear Waldorf Salad

24 Servings

Ingredients

1/2 cup mayonnaise

1/2 cup plain yogurt

1/4 cup coarsely chopped fresh mint, parsley or a combination

1/2 teaspoon nutmeg

1/2 teaspoon kosher salt

1/4 teaspoon white pepper, optional

8 cups (3-1/2 pounds) Pacific Northwest Canned Pears, diced, in juice, drained

3 cups (14 ounces) diced celery

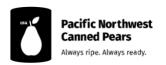
3/4 cup (4 ounces) lightly toasted coarsely chopped walnuts 24 large lettuce leaves, such as Bibb, or 12 cups lightly packed mixed greens



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Nutrition

Calories	101
Calories from Fat	53
Fat	6g
Saturated Fat	1g
Cholesterol	2mg
Sodium	95mg
Carbohydrate	12g
Dietary Fiber	2g
Sugar	9g
Protein	1g
Vitamin A	3% DV
Vitamin C	3% DV
Calcium	2% DV
Potassium	3% DV
Iron	2% DV



Method

Whisk together the mayonnaise, yogurt, herbs, nutmeg, salt and pepper in a large bowl.

Fold in the diced pears, celery and walnuts.

To serve, place a lettuce leaf (or about 1/2 cup mixed greens) on each plate and top with 1/2 cup of Pear Waldorf salad filling.