

# Pear Waldorf Salad

24 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## 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

## 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.

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## Nutrition

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