



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

# Pear and Arugula Salad with Fennel and Caraway

6 Servings

## Ingredients

1-1/2 cups freshly squeezed lemon juice  
1/2 cup apple cider vinegar  
1 pound fresh fennel, thinly sliced  
2 (#10) cans Pacific Northwest Canned Pears, halves, in juice, drained  
2 tablespoons pure maple syrup  
1 cup olive oil  
2 tablespoons caraway seeds  
1 tablespoon kosher salt  
1 teaspoon freshly ground black pepper  
1 cup fresh dill weed, lightly packed  
3 pounds arugula

## Method

Put the lemon juice and vinegar in a non-reactive bowl with the fennel and allow to sit 30 minutes, stirring occasionally. After 30 minutes, drain the fennel, reserving the liquid for the vinaigrette.

Return the drained fennel to the same non-reactive container along with the drained pears. Cover and refrigerate until ready to use.

To make the dressing, add the reserved liquid from the fennel and the maple syrup to the jar of a blender and pulse to combine. Slowly drizzle in the olive oil, in a steady stream with the blender running. Stir the caraway seeds, salt and pepper in by hand, and refrigerate until ready to use.

To assemble the salad, toss the dill weed and arugula in with the fennel and pears. Drizzle with the vinaigrette and gently toss the ingredients to thoroughly coat and combine. Serve immediately.

## Servings

Makes 24 servings

## Nutrition

<i>Calories</i>	191.7
<i>Calories from Fat</i>	NA
<i>Fat</i>	8 g
<i>Saturated Fat</i>	1 g
<i>Cholesterol</i>	0 g
<i>Sodium</i>	269 mg
<i>Carbohydrate</i>	30.7 g
<i>Dietary Fiber</i>	5.9 g
<i>Sugar</i>	18.5 g
<i>Protein</i>	2.1 g
<i>Vitamin A</i>	1124.8 IU
<i>Vitamin C</i>	12.3 mg
<i>Calcium</i>	108.3 mg
<i>Iron</i>	1.6 mg