

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.

Servings

Makes 24 servings

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