

CDC Recipes: Asian Pear Salad



Preparation

1. Wash all produce thoroughly under warm water and pat dry with a paper towel.
2. In a large bowl, toss together the cabbage, scallions, celery, pear, red pepper and cilantro.
3. In a small bowl, whisk together the olive oil, lime juice, lime zest and sugar.
4. Add dressing to the mixture in the large bowl and combine until completely coated.
5. Chill for one hour in the refrigerator before serving.
6. Store covered in the refrigerator for up to three days.

Ingredients

- 3 cups finely shredded cabbage
- ¼ cup chopped scallion (both green and white parts)
- 1 cup chopped celery
- 1 Asian pear cored and grated (can use regular pears or apples)
- ½ red bell pepper, boiled and chopped (10–15 minutes in boiling water)
- ¼ cup olive oil
- Juice from one lime or 2 tablespoons of lime juice
- 1 teaspoon granulated sugar
- Zest of one lime (optional)
- ½ cup chopped cilantro (optional)

Details

Serving size

1 cup

- 1 fruit serving
- 1 vegetable serving