

## CDC Recipes: Pear and Arugula Salad



### Preparation

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1. Combine all ingredients except oil, arugula and pear in blender.
2. Slowly add oil to emulsify.
3. Combine salad ingredients and toss with dressing.

### Ingredients

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- 2/3 cup extra virgin olive oil
- 1 shallot, minced
- 3 tbsp red wine vinegar
- cracked black pepper
- 1 tsp Dijon mustard
- 6 cups arugula (washed and trimmed of stems)
- 1 pear, sliced

### Details

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#### Yield

6 servings

#### Serving size

1 cup

- Calories: 250 g
- Sodium: 19 mg
- Protein: 0.8 g
- Potassium: 127 mg
- Total Fat: 26 g
- Carbohydrates: 6 g
- Phosphorus: 18 mg
- Fiber: 1.3 g
- Fiber: 3 g
- Cholesterol: 7 mg