

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Pear Bistro Salad

Serves: 4

Ingredients:

1 pound cooked, skinless chicken breast
8 cups assorted mixed greens, coarsely torn
2 fresh pears, cored and sliced
2 tablespoons minced shallots or green onions
1/8 cup chopped walnuts
1/8 cup crumbled blue cheese
Balsamic vinegar and Olive oil to taste

Directions:

1. Cut cooked chicken into strips.
2. Line platter with greens; top with pears, chicken, shallots and walnuts.
3. Top with cheese.
4. Drizzle with balsamic vinegar and olive oil to taste over salad.
5. Try flavored oil and balsamic vinegars for more great taste!