

# Pear, Arugula and Endive Salad with Candied Walnuts

Yield: 10 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-walnuts-recipe>

## Ingredients:

- 2 tablespoons sherry wine vinegar
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh parsley chopped
- 2 teaspoons Dijon mustard
- 6 tablespoons walnut oil or olive oil
- 6 tablespoons extra-virgin olive oil
- 12 cups arugula torn into pieces, about 12 ounces
- 4 heads Belgian endive trimmed, leaves separated
- 2 pears firm but ripe, halved, cored, thinly sliced lengthwise
- candied walnuts

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 13 grams
3. Fat: 17 grams
4. Fiber: 8 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 55 milligrams
8. Sugar: 4 grams

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