

Arugula-Pear Salad with Blue Cheese Dressing



Hands-On Prep 15 MIN

Cook NONE

Serves 4

1 To make the dressing, combine the cheese, broth, oil, vinegar, garlic, and pepper in a small bowl. Let stand until the flavors are blended, at least 5 minutes.

2 Meanwhile, combine the pear and lemon juice in a small bowl; toss to coat. Arrange the arugula and pear slices on a platter.

3 Discard the garlic clove. Drizzle the dressing over the salad and serve at once.

PER SERVING (1½ cups): 115 Cal, 8 g Fat, 3 g Sat Fat, 0 g Trans Fat, 11 mg Chol, 182 mg Sod, 8 g Carb, 1 g Fib, 3 g Prot, 97 mg Calc.

POINTS value: 3.

⅓ cup crumbled blue cheese

¼ cup reduced-sodium vegetable broth

4 teaspoons extra-virgin olive oil

1 tablespoon apple-cider vinegar

1 garlic clove, bruised

¼ teaspoon freshly ground pepper

1 pear, thinly sliced

1 tablespoon fresh lemon juice

1 bunch arugula, cleaned

Try It If you love blue cheese, consider using *Gorgonzola* (gawr-guhn-ZOH-lah), for its rich and slightly pungent flavor in this salad. Look for an ivory-colored interior streaked with bluish-green veins. *Gorgonzola* usually comes wrapped in foil to keep it moist. Refrigerated and carefully wrapped, it will keep well for several weeks.