

# Chef Cyndies Spring Salad with Pear Vinaigrette

**Makes:** 100 servings

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Ingredients	Weight	Measure
Frozen lemon juice concentrate, reconstituted		1/2 cup
Lettuce, romaine, chopped	8 lb 4 oz	4 gal 5 1/3 cup
Apples, red, diced	2 lb 4 oz	1 qt 2 3/4 cup
Pears, diced	2 lb 4 oz	1 qt 2 3/4 cup
Onions, green, sliced	4 oz	1 3/4 cup
Pears, sliced undrained	3 lb 2 oz	1 No. 10 cans
Pear juice		1 1/3 cup
White wine vinegar		1 1/3 cup
Honey		4 Tbsp
Salt		1 Tbsp
Pepper, black		1 tsp
Vanilla extract		1 tsp
Pepper, red		

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>34</b>	
Total Fat	0 g	0%
Protein	0.6 g	
Carbohydrates	8 g	
Dietary Fiber	1.8 g	
Saturated Fat	0 g	0%
Sodium	75 mg	

## Directions

1. Reconstitute lemon juice concentrate to make  $\frac{1}{2}$  cup total.
2. Wash and core apple and pears. Dice into  $\frac{1}{2}$ " cubes.  
Note: Add diced apples and pears to reconstituted lemon juice to prevent browning.
3. Slice green onions into  $\frac{1}{8}$ " pieces.
4. Remove apples and pears from lemon juice.
5. Combine lettuce, apples, pears, and green onions.
6. Portion 2 oz salad into serving dishes.
7. Just before serving, pour  $\frac{1}{2}$  oz prepared pear vinaigrette dressing over salad.

Pear vinaigrette salad dressing:

1. After weighing, drain pears, reserving  $1 \frac{1}{3}$  cup juice.
2. Combine all ingredients in food processor.
3. Blend until very smooth.