

# Fresh Pear and Mandarin Orange Spinach Salad

**Makes:** 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Spinach, picked to remove stems washed and spun dry	8 lb OR 12.8 - 10 oz bags		16 lb OR 25.6- 10 oz bags	
Pears, cored and thinly sliced		12 each		24 each
Mandarin oranges, cnd - reserve liquid for dressing	4 lb		8 lb	
100% orange juice, unsweetened		1 qt		2 qt
Dijon mustard		1/4 cup		1/2 cup
Honey		1/4 cup		1/2 cup
Poppy Seeds		1 Tbsp + 1 tsp		3 Tbsp
Corn starch		1/4 cup		1/2 cup
Water, cold tap		1/4 cup		1/2 cup

## Directions

1. Wash and devein spinach to remove all stems. Spin in salad spinner until dry or air dry.
2. On individual chilled salad plate assemble 1 1/2 cup spinach on each plate.
3. Onto spinach arrange slices of pears and mandarin oranges. Cover with film and refrigerate until service.

\*\* For Dressing:

1. In a saucepan combine reserved mandarin orange juice, orange juice and vinegar.
3. Combine corn starch and water to make a slurry.
4. Pour corn starch slurry into saucepan while whisking dressing and bring to boil to thicken dressing.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>71</b>	
Total Fat	0.5 g	
Protein	2.3 g	
Carbohydrates	16.4 g	
Dietary Fiber	2.9 g	
Saturated Fat	NA	
Sodium	63.9 mg	

## Meal Components

Fruits	1 cup
--------	-------

5. Remove from heat and chill thoroughly.

6. At service, drizzle each salad with 2 Tbsp chilled orange poppy seed dressing.