Pear and Celery Salad

- 4 medium celery stalks, cut into bite-size pieces
- 2 Tablespoons cider vinegar (or other fruit vinegar)
- 2 Tablespoons honey
- 2 medium ripe pears (Red Barlett or Anjou)
- 4 ounces sharp white cheddar cheese, reduced fat
- 1/2 cup pecans, chopped
- 6 large butterhead lettuce leaves (or other lettuce)

Whisk vinegar and honey in a large bowl until blended. Add pears; gently stir to coat. Add celery, cheese and pecans; stir to combine.

Divide lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

Serves: 6
Cost per serving: $0.86

Nutrition facts per serving
Calories: 190
Total Fat: 11 g
  Saturated Fat: 3.5 g
  Trans Fat: 0 g
Cholesterol: 15 mg
Sodium: 200 mg
Total Carbohydrate: 18 g
Fiber: 3 g
Sugars: 12 g
Protein: 6 g