

ASIAN PEAR SALAD



INGREDIENTS:

- 4 cups mixed baby salad greens
- 2 cups sliced Asian pears
- ½ cup sliced green onions
- ¼ cup sesame-ginger dressing
- ¼ cup sunflower seeds

INSTRUCTIONS:

1. Combine all ingredients in a large bowl.
2. Toss with dressing.
3. Eat and enjoy!

Yield: 4-6 servings

Source: Nutrition Department Original

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The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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