

# CELERY, PEAR & HAZELNUT SALAD

## INGREDIENTS

### VINAIGRETTE

- 1 large ripe pear, peeled and cored
- ½ cup extra-virgin olive oil
- 2 tablespoons unfiltered apple cider vinegar
- 1 tablespoon honey
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly cracked black pepper
- 1 tablespoon fresh lemon juice (from 1 lemon)
- 1 tablespoon minced fresh tarragon

### SALAD

- 8 celery ribs, thinly sliced
- 1 small fennel bulb, thinly sliced
- 1 to 2 pears, sliced or chopped
- ½ cup hazelnuts, toasted, chopped, plus more for serving
- ½ cup shaved parmesan
- ½ cup golden raisins
- 2 tablespoons chopped fresh tarragon, plus more for serving
- Fennel fronds for garnish, optional

## DIRECTIONS

1. Make the vinaigrette. In the base of a blender, combine the pear, olive oil, apple cider vinegar, honey, salt, pepper, and lemon juice. Blend until smooth. Stir in the minced tarragon.
2. Make the salad. In a large bowl, toss together the celery, fennel bulb, pears, hazelnuts, parmesan, raisins, and tarragon. Add the dressing and toss to coat.
3. Sprinkle with the fennel fronds, tarragon, and hazelnuts to serve.

## NUTRITION INFORMATION

Calories: 277 | Protein: 4g | Carbohydrates: 23g | Total Fat: 20g | Fiber: 4g | Cholesterol: 6mg | Sodium: 275mg | Total Sugars: 16g