



## Spring Salad

Serves 6

1½ cups shredded carrots  
⅓ cup chopped pecans

⅓ cup raisins

⅓ cup reduced-fat French dressing

1 (15 oz.) can pear halves\*

½ cup chopped pitted dates

1 (3 oz.) pkg. reduced-fat cream cheese, softened

6 Romaine lettuce leaves

In a medium bowl, combine carrots, pecans, raisins, and French dressing; mix lightly. Drain pears; reserve 2 tablespoons syrup. In a small bowl, combine reserved syrup, dates and cream cheese; mix until well blended. Fill each pear half with the cream cheese mixture. Place lettuce leaves on separate small plates and spoon carrot mixture evenly onto each leaf. Place one filled pear half on top of carrot mixture. Chill until serving.

\*you will need 6 pear halves, so an extra can of pears may be needed

Per serving: 230 calories, 8 g fat, 3 g protein, 40 g carbohydrate, 5 g fiber, 200 mg sodium