

Pear, Pomegranate, and Blue Cheese Salad



This colourful seasonal salad pairs crisp, sweet pears with tangy pomegranate seeds and the creamy richness of blue cheese. Tossed with crunchy pecans and a bright balsamic vinaigrette, it's a flavourful balance of sweet, salty, and tangy notes. Our dietitians love recommending it for festive gatherings or to elevate a weekday meal with a nutritious twist. Serve it with our stuffed [pork tenderloin with apples and cheese](#) for a perfectly balanced plate.

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 240

Fat 15

Carbohydrates 22

Fibre 5

Protein 4

Sodium 170

Ingredients

Dressing

- 30 ml (2 tbsp) balsamic vinegar

- 30 ml (2 tbsp) olive oil
- 5 ml (1 tsp) Dijon mustard

Salad

- 142 g (4 cups) fresh baby spinach
- 2 pears, sliced
- 125 ml (½ cup) fresh pomegranate seeds
- 80 ml (? cup) blue cheese, crumbled
- 60 ml (¼ cup) pecans, roughly chopped*
- Red onion, thinly sliced, to taste

Preparation

1. In a small bowl or jar, whisk together the balsamic vinegar, olive oil, and Dijon mustard until smooth and emulsified. Season with salt and pepper to taste.
2. In a large serving bowl, layer the spinach, pears, pomegranate seeds, blue cheese, pecans, and red onion.
3. Drizzle the dressing over the salad just before serving. Gently toss to combine or leave layered for a more elegant presentation.

Notes

Best eaten fresh. Does not freeze.

*For extra flavor, lightly toast the pecans in a dry pan for 3–4 minutes until fragrant.



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