Asian Pear Salad Bowl with Honey Miso Dressing  
(Serves 4)

Dressing:  
Yield: 1 cup Dressing, for 4-6 servings

Ginger, minced or grated 1/2 Tbsp  
Garlic, minced 1/2 Tbsp  
Rice vinegar 2 Tbsp  
Honey 1 Tbsp  
Miso paste 2 Tbsp  
Sesame oil 1/2 Tbsp  
Canola oil 1/4 cup  
Water 1/8 cup  
Fresh lemon juice 1/2 a lemon  
Ground Pepper to taste

1. Place all ingredients into a jam jar and shake to mix until smooth.  
2. Season with pepper to taste. If dressing is too thick, add water to thin.

Salad:  
Romaine lettuce, cut into thin threads 4 leaves  
Cucumbers, half-moon slices 1 whole  
Carrots, julienned or thin strips* 1 small carrot  
Asian pears, thinly sliced 1 whole  
Tofu Cutlet 12 Slices  
Iceberg Lettuce leaf (cup**) 4 each

Optional:  
Wonton chips  
Bean sprouts 2 cups  
Canned Chicken 1 can  

* Make thin strips of carrot with a peeler

**To make iceberg lettuce cup:  
1. Cut off stem of lettuce  
2. Cut lettuce in half, length wise (from the stem end to the top end)  
Peel off lettuce leaves slowly. The natural shape of each leaf forms the cup.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (84g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 210</td>
<td>Calories from Fat 120</td>
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<tr>
<td>5% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 15g</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>12%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 170mg</td>
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<tr>
<td>Total Carbohydrate 18g</td>
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<tr>
<td>Dietary Fiber 4g</td>
<td>11g</td>
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<tr>
<td>Sugars 11g</td>
<td>8g</td>
</tr>
<tr>
<td>Protein 4g</td>
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</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less Than 20g Less Than 25g
Saturated Fat Less Than 10g Less Than 6g
Cholesterol Less Than 300mg Less Than 200mg
Sodium Less Than 2,400mg Less Than 1,500mg
Total Carbohydrate Less Than 300g Less Than 225g
Dietary Fiber Less Than 10g Less Than 31g
Protein 56g 68g

Calories from protein 20% 15%