



Serves: 4

# Pear, Celery, and Dried Prune Salad

## Ingredients

- Celery, diced 160g
- Williams pear, sliced 160g
- Orange, peeled (retain peel for zest) and cut into wedges 100g
- Dried prunes 60g
- Lemon juice 2 tbsp
- Natural Set Yoghurt 60g
- Mustard sauce 30g
- Salt ½ tsp
- Pepper ½ tsp

## Tips:

- Cut or prepare fruit just before serving to prevent nutrient loss.
- Make your own healthy salad dressings to control the amount of fat, oil or seasonings.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk of some cancers.

## Method

- Using a vegetable peeler, remove zest from orange.
- For the dressing, mix yoghurt, salt, pepper, orange zest and lemon juice in a mixing bowl.
- Add mustard to dressing and whisk well.
- Mix with celery, pear, orange and prunes.
- Serve.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 94kcal  
Protein 2.2g  
Total fat (g and % of total calories)  
0.5g (4%)  
Saturated fat 0.1g  
Cholesterol 1mg  
Carbohydrate 22.8g  
Dietary Fibre 3.9g  
Sodium 422mg