

## **PEAR SALAD WITH BLUE CHEESE DRESSING**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

1/4 C part-skim ricotta cheese  
2 TBS water  
1/3 C crumbled blue cheese  
2 large pears, cored/cut into thick wedges  
4 celery stalks, cut into 3" sticks  
2 tsp white-wine vinegar  
1/4 C golden raisins

### **DIRECTIONS:**

To prepare dressing: in mini food processor or blender, combine ricotta + 2 TBS water - purée. Transfer to small bowl - add blue cheese - stir, mashing blue cheese against sides of bowl.

Arrange pears & celery on 4 salad plates - sprinkle with vinegar. Drizzle with dressing, then top with raisins. Serve.

Makes 4 servings

(per serving: 184 calories; 5g total fat; 3g saturated fat; 13mg cholesterol; 195mg sodium, 33g total carbohydrates; 5g dietary fiber; 5g protein, 132mg calcium - WW points per serving: 3)