

## **Chicken Pear Salad with Bleu Cheese**

**Servings: 4**

**Preparation Time: 10 minutes**

**6 cups torn mixed salad greens**

**1 1/4 cups cooked chicken or smoked turkey strips**

**1 yellow or green sweet pepper, cut into bite-size strips**

**1 can (15 oz.) Lite sliced pears, drained**

**1/2 cup reduced-calorie, fat-free or regular blue cheese salad dressing**

**cracked black pepper**

**crumbled blue cheese (optional)**

Toss greens, chicken and pepper strips together in a large bowl. Arrange on four dinner plates.

Arrange pears on top.

Drizzle with dressing, sprinkle with black pepper and cheese, if desired.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .