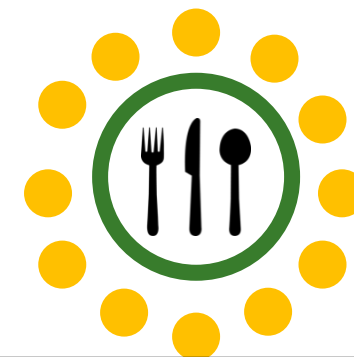


recipe of the week:

Balsamic Berry Vinaigrette Winter Salad



ingredients:

¼ cup balsamic vinegar

2 tablespoons plain fat-free Greek yogurt

1 tablespoon sugar-free strawberry preserves

1 ½ teaspoons olive oil

1 teaspoon Dijon-style mustard

1 clove garlic, minced

¼ teaspoon kosher salt

1/8 teaspoon black pepper

3 cups fresh baby spinach

3 cups torn romaine lettuce

1 small cooking apple, such as Braeburn or Gala, thinly sliced

½ cup crumbled blue, feta, or goat cheese (chevre)

½ cup pomegranate seeds

¼ cup chopped walnuts, toasted

directions:

1. For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper.

2. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

Presented by:

