



RED & WHITE SALAD

Intermediate Lifestyle

Ingredients

4 cups thinly sliced hearts of romaine
2 heads Belgian endive, cored and thinly sliced
1 bulb fennel, trimmed, cored, quartered and thinly sliced
1 15-ounce can hearts of palm, drained, halved lengthwise and thinly sliced
½ head radicchio, cored, quartered and thinly sliced
1 red apple, cored and cut into matchsticks
1 cup thinly sliced radishes
Champagne Vinaigrette (recipe ingredients below)
freshly ground pepper to taste

Ingredients for Champagne Vinaigrette

1 shallot, peeled and quartered
1/4 cup champagne vinegar or white-wine vinegar
1/4 cup extra-virgin olive oil
1 TBS Dijon mustard
3/4 TSP salt
freshly ground pepper to taste

Instructions

1. Toss romaine, endive, fennel, hearts of palm, radicchio, apple and radishes together in a large salad bowl.
2. Combine all Champagne Vinaigrette ingredients in a blender, and puree until smooth.
3. Pour the Champagne Vinaigrette recipe into salad bowl and toss to coat. Season with ground pepper.

Portion-Per-Serving Information (Yields 10 servings):

1 serving = 1 cup = 1 V, ½ FT