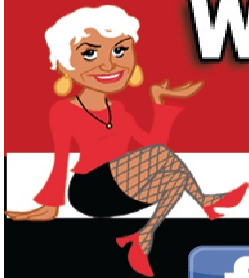


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## **SPARKLING WHITE-SANGRIA SALAD**

Intermediate Lifestyle

### Ingredients

2 envelopes unflavored gelatin  
1-1/2 cups Riesling, divided  
1-1/2 cups white grape juice  
1/4 cup Splenda (for baking)  
1-1/2 cups orange sections  
1 cup seedless green grapes, halved  
3/4 cup fresh raspberries  
cooking spray

### Instructions

1. Sprinkle gelatin over ½ cup wine, and let stand 5 minutes.
2. Combine 1 cup wine, juice and Splenda in a medium saucepan. Bring to a boil over medium-high heat. Remove from heat, add gelatin mixture, stirring until the gelatin dissolves.
3. Place pan in a large ice-filled bowl. Let stand 20 minutes or until thick but not set, stirring occasionally. Whisk the gelatin mixture to form small bubbles. Fold in orange sections, grapes and raspberries.
4. Spoon gelatin mixture into a 5-cup decorative mold coated with cooking spray. Cover and chill at least 4 hours. Place a plate upside down on top of mold. Invert mold onto plate.

**Portion-Per-Serving Information:** (Yields 12 servings)

Serving = 1 slice (1/12) = 1 FR