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## **ORANGE-KIWI SALAD**

Intermediate Lifestyle

### Ingredients

#### For the salad:

2 small romaine lettuces  
2 small kiwi, peeled and sliced into 1/4-inch rounds  
1 small orange, peeled and sliced into 1/2-inch rounds  
Optional: 1 medium red onion

#### For the dressing:

1-1/2 TBS walnut or olive oil  
3 TBS apple cider, or champagne vinegar  
1 TSP lemon juice  
1 TBS water  
1 TSP Splenda  
salt and pepper to taste

### Instructions

1. Wash lettuce and tear into bite-size pieces. Spin or pat dry. Put on a serving platter and top with kiwis and oranges arranged in a circular pattern.
2. Combine the oil, vinegar, lemon juice, water, Splenda, salt and pepper in a small bowl. Whisk until blended. Drizzle the dressing over the salad.
3. Optional: Garnish the salad platter with red onion rings.

### **Portion-Per-Serving Information** (Serves 6):

Serving = 1 cup = 1 V, 1/2 FR