

Nutritious Ways To Dress Up Salads



Sensational Salads—Pomegranate Blueberry Vinaigrette adds a tangy taste to salads and boosts their nutritional value.

(NAPSA)—If you're looking for ways to get more nutrition out of your greens, make them blue—or purple. Colorful pomegranates and blueberries are high in antioxidants that help fight off free radicals. Free radicals have been linked to a variety of conditions including premature aging, Alzheimer's disease and cancer. In addition, the fruits may help reduce the risk of heart disease.

Pomegranate and blueberries aren't just good for you, though—they also add flavor to most any dish. For instance, Pomegranate Blueberry Vinaigrette salad dressing adds a tangy zest to this delicious turkey salad. The dressing, made by Litehouse, is antioxidant packed, has no trans fats and just 20 calories.

Mixed Greens, Turkey And Blueberries With Pomegranate Blueberry Vinaigrette

- 1 10-oz. package Spring Mix or Euro Mix Greens**
- 1 cup blueberries, washed**
- ½ cup sliced almonds (plain,**

butter toffee or honey glazed)

- 1 lb. turkey breast (or 2 cups cooked turkey, sliced or cubed)**
- 1 12-oz. jar Litehouse® Pomegranate Blueberry Vinaigrette Dressing**

Place uncooked turkey breast in zip-lock bag. Add ½ cup Litehouse® Pomegranate Blueberry Vinaigrette Dressing. Seal, then squeeze bags so dressing covers turkey. Marinate ½ to 1 hour. Cook turkey by grilling, microwaving or baking (approximately 10 minutes). Let rest 3-5 minutes. (If using cooked turkey, eliminate this step.) Cut turkey in cubes or slices.

In shallow bowl, mix lettuce, blueberries and almonds with ¾ cup Litehouse® Pomegranate Blueberry Vinaigrette Dressing. Top with turkey and additional blueberries or almonds for garnish.

For more recipes, visit the Web site www.litehouseinc.com.