

Healthful Eating

Delicious Ways To Eat More Fruits And Vegetables

(NAPSA)—Eating the recommended five to nine daily servings of fruits and vegetables suggested by the United States Department of Agriculture can be easier—and more delicious—than you might imagine.

One flavorful way to help reach this goal is to serve a salad every day. The beauty of the following salad recipe is that you can get servings of both vegetables and fruit in one tasty dish. And you can vary the ingredients to keep it interesting and appeal to your family's unique tastes.

For example, substitute different nuts for the pecans, such as almonds or walnuts. Or try dried apricots, cherries, blueberries or raisins for the dried cranberries. Instead of the sliced pears, use sliced apples, oranges or mangoes. You can even add fresh torn spinach, sugar snap peas or any number of fresh, nutritious vegetables to increase the amount of vegetable servings.

Dress it up with fat-free, antioxidant-rich vinaigrettes from Litehouse Foods, such as Harvest Cranberry, Raspberry Walnut or Pomegranate Blueberry. Containing no MSG and no preservatives, the dressings are made with heart-healthy canola oil and make your salad creations something special.

Mixed Greens Salad with Pear and Candied Pecans

- ¼ cup pecan halves
- 2 Tbsp. sugar
- 1 pkg. (10 oz.) torn mixed salad greens
- 1 pear, cored and thinly sliced
- ¼ cup sweetened dried



This delicious salad features pecans and pears, blue cheese and dried cranberries, topped with flavorful fat-free dressing.

cranberries

- 1 cup (4 oz.) Litehouse Idaho Bleu Cheese Crumbles
- ½ cup Litehouse Pomegranate Blueberry Vinaigrette dressing

1. Cook pecans with sugar in small skillet over medium-high heat 3 minutes or until sugar melts, coats pecans and browns slightly, stirring constantly. Remove from pan; let cool.

2. Top salad greens with pear slices, pecans, dried cranberries and cheese. Drizzle with dressing just before serving.

For more recipes, visit www.litehousefoods.com.