



### **Grapefruit, Apple & Pomegranate Salad**

**Time: 25 minutes**

- |  |                               |
|--|-------------------------------|
| 1½ cups grapefruit sections                | 1 cup apple, sliced very thin |
| 1½ Tbl. pomegranate arils                  | 1 Tbl. fresh lime juice       |
| ½ Tbl. seeded minced serrano chile         | ½ Tbl. honey                  |
| 2 Tbl. chopped fresh mint, or 1 Tbl. dried | Sprinkle of salt              |

Place grapefruit and apple on a platter. Sprinkle with pomegranate, mint, and minced chile. Combine juice and honey in a small bowl and drizzle over the salad. Sprinkle with salt.

*From cookinglight.com*



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### **Tangerine and Squash Salad**

**Time: 45 Minutes**

- |  |                               |
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| 2½ cups butternut squash, peeled, seeded, 1-inch cubes | 2 tangerines                  |
| ½ cup vegetable broth                                  | 3 oz. salad greens            |
| ½ tsp. chopped, fresh rosemary. Or ¼ tsp. dried        | 2 Tbl.+1 Tbl. olive oil       |
|  | Pinch salt & pepper           |
|  | 2 Tbl. berries of your choice |

1) Season squash with salt and pepper. Sauté in a pan with 2 Tbl. olive oil over medium high heat for 8-10 minutes, until soft and with color.

2) Add vegetable broth, cover, and reduce to medium low. Cook for 15-20 minutes, until cooked completely. Remove from heat when done. While waiting for the squash to cook through, peel 1 ½ tangerines, slice into 1-inch rounds, and remove any seeds.

3) In a separate bowl, juice the remaining ½ tangerine and whisk it together with 1 Tbl. olive oil, rosemary, and a pinch of salt and pepper.

4) In a large bowl, toss greens well with tangerine/olive oil vinaigrette. Pour off excess dressing from the leaves and from the bottom of the bowl. Top with warm squash cubes, tangerines and berries. Serve

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