



Grapefruit, Apple & Pomegranate Salad

Time: 25 minutes

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|--|-------------------------------|
| 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

From newportnaturalhealth.com



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