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ORANGE-KIWI SALAD	Intermediate Lifestyle
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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