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RED & WHITE SALAD	Intermediate Lifestyle
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Ingredients

- 4 cups thinly sliced hearts of romaine
- 2 heads Belgian endive, cored and thinly sliced
- 1 bulb fennel, trimmed, cored, quartered and thinly sliced
- 1 15-ounce can hearts of palm, drained, halved lengthwise and thinly sliced
- ½ head radicchio, cored, quartered and thinly sliced
- 1 red apple, cored and cut into matchsticks
- 1 cup thinly sliced radishes
- Champagne Vinaigrette (recipe ingredients below)
- freshly ground pepper to taste

Ingredients for Champagne Vinaigrette

- 1 shallot, peeled and quartered
- 1/4 cup champagne vinegar or white-wine vinegar
- 1/4 cup extra-virgin olive oil
- 1 TBS Dijon mustard
- 3/4 TSP salt
- freshly ground pepper to taste

Instructions

1. Toss romaine, endive, fennel, hearts of palm, radicchio, apple and radishes together in a large salad bowl.
2. Combine all Champagne Vinaigrette ingredients in a blender, and puree until smooth.
3. Pour the Champagne Vinaigrette recipe into salad bowl and toss to coat. Season with ground pepper.

Portion-Per-Serving Information (Yields 10 servings):

1 serving = 1 cup = 1 V, ½ FT