

*Fresh Ideas featuring:*

Fresh *Fruits*  
from *Chile*



**CHILEAN APPLE, GRAPE and  
BLUE CHEESE SALAD WITH A GREEN  
GRAPE DRESSING**

**Salad:**

2-1/2 to 3 cups mixed lettuce greens  
4 red or green Chilean grapes, halved  
4 pecan halves, toasted  
1 oz. blue cheese, crumbled  
1/4 Chilean apple, sliced thin

**Dressing:**

1 cup whole green Chilean grapes  
1 Tbs. balsamic vinegar  
2 tsp. honey  
1/3 cup olive oil  
salt & pepper to taste

Dressing makes 1 cup

Place all dressing ingredients, except the oil, in a blender. Blend well. With the blender running, slowly pour in oil until emulsified. Adjust salt & pepper to taste.

In a mixing bowl toss together all the salad ingredients, except the cheese, with enough dressing to coat liberally. Arrange dressed lettuce on a serving plate. Arrange dressed fruits and nuts on top. Sprinkle with crumbled blue cheese.

Makes 1 serving

