

Apple-Grapefruit Salad

Here's a great salad for any fall gathering. Using both red and green apples will really make it look festive.

Lime-Honey Dressing

- 3 tablespoons frozen (thawed) limeade or lemonade concentrate
- 3 tablespoons honey
- 3 tablespoons vegetable oil or sour cream
- 1/4 teaspoon poppy seed

Salad

- Salad greens
- 3 unpeeled red or green apples, sliced
- 2 grapefruits, peeled, sectioned
- 1/2 cup pomegranate seeds

- 1.** In tightly covered container, shake all dressing ingredients until well blended. Refrigerate until serving time.
- 2.** Arrange salad greens on individual salad plates; top with apple slices, grapefruit sections and pomegranate seeds. Serve with dressing.

Per Serving: Calories 190 (Calories from Fat 65); Total Fat 7 g (Saturated Fat 1 g); Cholesterol 0 mg; Sodium 0 mg; Total Carbohydrate 33 g (Dietary Fiber 3 g); Protein 1 g

% Daily Value: Vitamin A 2%; Vitamin C 56%; Calcium 2%; Iron 0%

Exchanges: 2 Fruit; 1 1/2 Fat

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