FEATURED RECIPE

Ingredients

1 cup fresh raspberries

1 Tbsp. sugar or 1/2 Tbsp. honey

2 1/3 cup balsamic vinegar

1/4 cup olive oil

1 tsp. salt



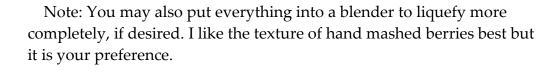
Raspberry Balsamic Vinaigrette

It's hard to beat fresh salad dressing and, this one is so simple, you've no excuse.

Mix the raspberries with the sugar or honey and set aside until they become juicy, approximately 10—15 minutes. Mash to liquefy.

Pour mashed berries in a jar and add remaining ingredients. Cover and shake to mix well. Store in refrigerator.

Top salad with toasted walnuts and extra berries.





Suzie DuPuis RD Registered Dietician

