



# Recipes

## PROGRAM 2 - SEGMENT 1

### Greenleaf Gourmet Chopshop Recipes

#### ANTIOXIDANT ORCHARD SALAD

##### INGREDIENTS

3 oz Baby Mixed Greens  
2 oz Grapes  
1 oz Celery, thinly sliced  
2 oz Walnuts, roasted  
1 oz Cranberries, dried  
1 oz Blue Cheese (may omit or sub feta)  
4 Leaves Mint  
0.5 oz Red Onion, thinly sliced  
2 oz Cucumber, diced  
¼ Cup Strawberries, sliced  
¼ Cup Blueberries  
2 oz Pomegranate Vinaigrette  
Salt & Black Pepper, to taste

##### METHOD

Combine all ingredients in a salad bowl and toss with dressing to serve.

\*For Pomegranate Vinaigrette: Drizzle pomegranate juice, lemon juice, and olive or canola oil to taste

**All recipes displayed with kind permission from Greenleaf Gourmet Chopshop. Results may vary.**