



Naturipe Foods LLC

04726 Country Rd 215
PO Box 322
Grand Junction, MI 49056
Ph: (800) 683-1078
(269) 683-6791
Fax: (269) 434-6997
www.naturipefoods.com



Leafy Lettuce Salad with Blueberry Cream Dressing

Dressing

- 3 Tbsp. blueberry vinegar (see below)
- 5 Tbsp. sour cream
- 2 1/2 Tbsp. mayonnaise, regular or light
- 1/4 tsp. salt
- Freshly ground pepper
- 1/8 tsp. cinnamon

Combine ingredients in a bowl and mix well. Refrigerate.

Salad

- 3 cups red leaf lettuce
- 3 cups Bibb lettuce
- 3/4 cup fresh blueberries
- 1/2 cup walnut halves, toasted

Rinse, dry, and tear lettuce (s) into bite size pieces. In salad bowl, toss lettuce leaves with blueberries; coat with blueberry dressing and toss again. Sprinkle with toasted walnut halves.

SERVES: 6

If you wish to make your own blueberry vinegar, try this recipe.

Blueberry Vinegar

- 2 cups rice wine vinegar
- 2 cups blueberries

Mash blueberries; add vinegar. Cover and let sit for 2 days at room temperature. Strain and pour into sterile bottles and seal.