

Dining *In* Doesn't Mean Going *Without*

(NAPSA)—Even though these economic times call for less dining out, you don't have to give up the restaurant salads you've come to love. This season, try your hand at creating some of the same delicious and health-filled entrée salads you enjoy in restaurants using one or more of Fresh Gourmet's crunchy salad toppings.

Simple, Delicious and Oh-So Available

Want to whip up a terrific restaurant salad in minutes? Now you can. Your local produce aisle is brimming with lettuce, spinach and greens as usual, but right there you can also find a complete line of toppings that allow you to make your salad so much more. The "salad toppings experts" at Fresh Gourmet have expanded their popular line of salad toppings—Premium Croustons, Crispy Onions, Tortilla Strips and Wonton Strips—to include honey-roasted sliced almonds, toasted sliced almonds, honey-roasted pecan pieces, glazed walnut pieces, dried cranberries and plump, sweet golden raisins that turn an ordinary salad into a delicious, restaurant-style entrée salad.

Add Nutrition, Taste, Texture and Crunch to Salads

If you're looking for a quick and easy way to bring some panache to your table while increasing the nutritional value of your meal, consider tossing these scrumptious salad toppings over a bed of spinach or other greens. "Vegetables and salad meals," points out NESTA certified personal fitness chef Genaro Ferra, "contain many of the essential vitamins and minerals that allow you to live longer, stronger and healthier." With the variety of salad toppings from Fresh Gourmet, you can easily transform a bag of mixed salad greens into a healthy, mouth-



Creative salads are a snap with simple additions, all found in the produce section.

watering entrée, just like they serve at your favorite restaurant!

Try This at Home

To stimulate your appetite for fun, try this tasty entrée salad:

Field Greens with Golden Raisins and Chicken

Serves 4

- 1 package field greens (or your favorite salad blend)**
- 12 oz. roasted chicken breast, diced or shredded**
- 1 cup Fresh Gourmet Toasted Sliced Almonds**
- 1 cup Fresh Gourmet Golden Raisins**
- 1 (12-oz.) bag NatureSweet tomatoes, washed and sliced**
- 1 cucumber, thinly sliced**
- ½ cup prepared light or regular raspberry vinaigrette (or your favorite dressing)**

In large bowl, combine all ingredients except vinaigrette. Pour vinaigrette over salad; toss to coat dressing on salad.

For more exciting ways to use salad toppings, check out the long list of recipes at www.freshgourmet.com.