



**NEW EPISODES
MONDAYS
AT NOON EST**

"Viewers' Choice Recipes" Summer Bleu Salad

**1 lb Shredded lettuce
2 kiwi
1 Fuji apples
8 oz almonds
5 oz Bleu cheese
4 oz balsamic vinegar**

Mix together, enjoy

On a budget? Buy a head of lettuce instead of lettuce in a bag.