Email #10

Complementary Blog Post: 4 Healthy Raspberry Recipes

Subject: 4 Ways to Use Raspberry Vinaigrette

Hi [firstname],

One of the best parts of summer, aside from vacations and having no school for the kids, is the fresh produce the season brings. A common treat during these months of sunshine is the freshest, juiciest and yummiest raspberries. While there are frozen options available year-round, there is truly no comparing freshly picked raspberries with those that have been preserved and stored.

Raspberries are amongst the healthiest fruits out there. It doesn’t hurt that these tiny berries taste like the refreshing antidote to the scourge of the summer sun. You can incorporate raspberries in almost any meal – be it breakfast, lunch or dinner. For the health conscious, raspberry vinaigrette is a healthy dressing option that is sure to give life to ho-hum greens.

Curious on what else you can do with your freshly made raspberry vinaigrette? Below are just a few recipes you can try that would satisfy the entire family:

1.Nothing Beats the Classic – Green Salad with Raspberry Vinaigrette

If you are trying to be a little bit healthier, you are probably preparing to eat a whole lot of salad. Greens after all are a lighter option than having grains and meat for your meals.

Be careful with the salad dressing though. The healthiest salad can turned into the most fat leaden in a matter of seconds with the dressing you use. A good option is using a lighter dressing substitute like raspberry vinaigrette. Be it kale, lettuce or collard greens, this tangy vinaigrette will make any salad great.

2. Vinaigrette for Dessert? Add a Little Bit of a Kick to Your Fruit Salad

Raspberry vinaigrette can be added to make savory salads. But, a little experimentation with a sweeter variation will elevate the taste of a fruit salad.

3. Marinate Chicken with Raspberry Vinaigrette for A Brand New Dish

Chicken is versatile and a lot healthier than pork or beef. However, without proper seasoning, chicken breast can be bland and boring.

Are you tired of the same old baked chicken? Instead try marinating it with vinaigrette and create a brand new dish your whole family will enjoy.

4. Asparagus, Fresh Salmon and Raspberry Vinaigrette – A Match Made in Food Heaven

Some days you’d like to create an amazing dinner from scratch, but you just don’t have time. Instead make a meal in one. Take a cookie sheet and add asparagus and salmon, then on top add the raspberry vinaigrette. Bake it and enjoy. Simple and quick for those weekday nights you just don’t have time.

If you want to find more healthy raspberry recipe ideas – check out this blog post.

LINK

Salad dressings do not have to be full of calories to be good, so try a raspberry vinaigrette next time. You might be surprised all the ways you can use it in your cooking.