





Winter Salad with Citrus

8 SERVINGS

Serving size: 1 cup

Preparation time: 27 minutes

Dressing

- 2 Tbsp. raspberry vinegar
- 1 Tbsp. orange juice
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- ½ tsp. sugar
- ¼ tsp. pepper
- ½ tsp. soy sauce
- ¼ tsp. dry mustard
- ⅛ tsp. salt

Salad

- 6 cups mixed greens
- 1 cup grapefruit sections
- 1 cup orange sections
- 1 cup thinly sliced red onion
- ¼ cup coarsely chopped toasted walnuts

Along with a raspberry- and orange-flavored dressing, fruit wedges provide a gorgeous blast of color to

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(and a welcome freshness to dark winter nights).

You can mix and match white and pink grapefruits for an even more varied palette.

1. Combine the dressing ingredients together in a bowl.
2. Combine the greens, grapefruit, oranges, onion, and walnuts. Add dressing and toss to coat.

Nutrition Facts

Serving size: 1 cup
Fruit exchanges: 0.5
Fat exchanges: 1

Amount Per Serving

Calories: 80
Calories From Fat: 40
Total Fat: 4.5 grams
Saturated Fat: 0.5 grams
Cholesterol: 0 milligrams
Sodium: 65 milligrams
Total Carbohydrate: 10 grams
Dietary Fiber: 2 grams
Sugars: 6 grams
Protein: 2 grams