



Citrus and Spinach Salad

4 Servings

This is just one of many good ways to take advantage of terrific citrus fruit in season now!

Dressing:

½ cup grapefruit juice
2 Tablespoons prepared mustard
¼ cup honey
2 Tablespoons poppy seeds
2 Tablespoons grated onion
¼ tsp. salt if desired
Freshly ground pepper to taste

Combine dressing ingredients in a jar or small container; chill.

Salad:

4 cups packed spinach leaves, well washed
2 cups citrus sections (orange or a combination of orange and grapefruit)
½ cup red onion rings

At serving time, place salad ingredients in a salad bowl. Toss with about ¼ cup of the chilled dressing.

Nutrition Information

Calories: 111
Total fat: 4g
Saturated fat: .5g
Fiber: 3g
Protein: 2g