

# Citrus Salad

Rating: ★

Makes: 8 servings

## Ingredients

- 1 grapefruit (peeled)
- 1 orange (peeled)
- 10 cups fresh greens (lettuce)
- 1 red onion (small, sliced thin)
- 2 tablespoons cider vinegar
- 1 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin

## Directions

1. Cut fruit into bite size pieces.
2. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Ponichtera, Brenda RDScaleDown Publishing, Inc., Quick and Healthy, Vol.II, 1995, p.100

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	60	
Total Fat	2 g	3%
Protein	1 g	
Carbohydrates	10 g	3%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	25 mg	1%