



Winter Salad with Citrus

This Recipe Serves 8

Ingredients

Dressing

- 2 tablespoons raspberry vinegar
- 1 tablespoon orange juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- ½ teaspoon sugar
- ¼ teaspoon pepper
- ½ teaspoon soy sauce
- ¼ teaspoon dry mustard
- ⅛ teaspoon 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

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

Choices/Exchanges: ½ Fruit, 1 Fat

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