



Catholic Health Initiatives

Imagine better health.®

Grapefruit Vinaigrette

Serves 4

Prep time:

Approximately 10 minutes

Ingredients:

½ cup fresh squeezed grapefruit juice
(approximately 1 large)

⅓ cup light olive oil

1 tsp. honey

Salt and ground pepper



Quick & Healthy

Directions:

Combine all ingredients in a jar or container with a tightly sealed lid. Shake vigorously until fully combined. Taste for sweetness and add salt and pepper to your liking. Spoon over your favorite salads and enjoy! Store in refrigerator for up to 3 days.

Harvest of the Month

grapefruit