



Catholic Health Initiatives

Imagine better health.®

Winter Citrus Salad

Servings: 2

Prep/cook time: 15 minutes

Ingredients:

- 1 ruby red grapefruit, peeled and sliced in rounds
- 1 navel orange, peeled and sliced in rounds
- 2 blood oranges, peeled and sliced in rounds
- 1 tbsp. pomegranate arils
- 1 tbsp. pistachios
- 2 tbsp. white wine vinegar
- 2 tbsp. honey
- ¼ cup olive oil
- Salt and pepper
- Mixed greens
- 1 red onion slice, halved



Fresh & Flavorful

Directions:

Peel grapefruit and oranges and remove white pith (bitter, stringy part).

Using microwave, heat honey for ten seconds. In separate container, mix together honey, olive oil, vinegar, salt and pepper and shake well (this is your dressing).

On two plates, add mixed greens, top with citrus rounds and red onion.

Sprinkle with pistachios and pomegranate. Drizzle the salad with the dressing and serve.

Harvest of the Month

oranges