



*Simple,
Seasonal,
Sustainable*

Recipe of the Week
Winter Salad with Citrus

Ingredients:

Salad

- 6 cups mixed greens
- 1 cup grapefruit sections
- 1 cup orange sections
- 1 cup thinly sliced red onion
- 1/4 cup coarsely chopped toasted walnuts

Dressing

- 2 tablespoons raspberry vinegar
- 1 tablespoon orange juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon sugar
- 1/4 teaspoon pepper
- 1/2 teaspoon soy sauce
- 1/4 teaspoon dry mustard
- 1/8 teaspoon salt

Directions:

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

Serves 8

*80 calories, 4.5 g fat, 0.5 g saturated fat,
10 g carbohydrate, 2 g fiber, 2 g protein,
65 mg sodium*

Source: American Diabetes Association

