

Citrus Salad

This recipe is an easy and delicious way to make half your plate fruits and vegetables!

Makes: 8 servings

Prep Time: 10 minutes

Source: [myplate.gov/recipe/citrus salad](http://myplate.gov/recipe/citrus-salad)



**Small Changes,
BIG Difference!**

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 cut fruit with lettuce and onion.
3. Mix remaining ingredients for dressing.
4. Drizzle dressing over salad and toss just before serving.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups & spoons
- small & large mixing bowls
- Forks for tossing salad



Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories:	48
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	8 mg
Total Carbohydrates:	8 g
Dietary Fiber:	2 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	1 g

SHOPPING LIST

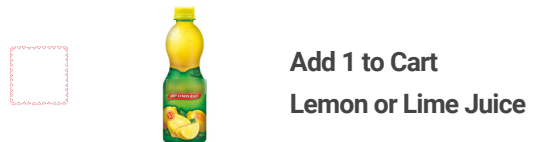
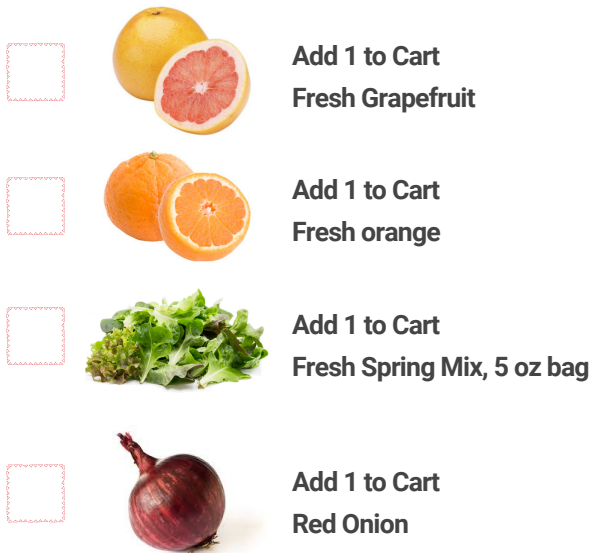
Average total cost without oil and seasonings: \$6.81

Average cost/serving: \$0.85

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Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- How to segment citrus fruit:
 - Start with a very sharp knife. Trim the fruit's ends; set a flat side on a cutting board.
 - Slice off the peel and pith in sections, following the shape of the sphere.
 - Set the fruit on its side. Cut toward the center, along a membrane. Then slice along the adjacent membrane until the cuts meet, releasing the segment. Transfer the segment to a bowl. Repeat.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Dressed-Up Fruit Salad
 - Fall Vegetable Salad

