

## Spinach Salad with Citrus Vinaigrette

# EASY | RECIPE

- 4 cups **baby spinach leaves**
- $\frac{3}{4}$  cup fresh **grapefruit segments** and **juice**
- $\frac{1}{4}$  cup **red onion**, thinly sliced
- 2 tbsp slivered no-salt **almonds**

### Citrus Vinaigrette

- 3 tbsp fresh **grapefruit juice**
- 1 tbsp fresh **lime juice**
- 1 tbsp **honey**
- 3 tbsp **olive or walnut oil**

Mix dressing and set aside for 1 hour before serving. Place spinach equally between 2 plates; top with remaining salad ingredients. Pour 1 tablespoon vinaigrette over each salad.

**Option:** Add a sprinkle of crumbled feta.

**New Year's Nutrition Goal:** *More Salad*



### Salad makes 2 servings. Per serving:

122 calories | 3.8g protein | 4.1g total fat | .3g sat fat | 2.4g mono fat | .9g poly fat  
| 0.0mg cholesterol | 13.8g carbohydrate | 7.2g sugar | 3.7g fiber | 48mg sodium

### Dressing makes 8 tbsp. Per tbsp:

67 calories; 5g total fat (.7g sat fat/3.7g mono/.5g poly); 6.4g carbohydrate; 6g sugar.  
Refrigerate leftover dressing in a sealed container.