

Citrus Salad

Serving Size: 1½ cups

Yield: 8 servings

Ingredients

(You can use fresh citrus when it is inexpensive and in season. Or try 1 or 2 cans of mixed citrus fruits or mandarin oranges.)

- 1 peeled grapefruit
- 1 peeled orange
- 10 cups fresh greens (lettuce)
- 1 small red onion, sliced thin
- 2 Tablespoons cider vinegar
- 1 Tablespoon lime juice
- 1 Tablespoon vegetable oil
- 1 Tablespoon water
- ¼ teaspoon black pepper
- ¼ teaspoon cumin

Instructions

1. Cut fruit into bite-size pieces.
2. In a large bowl, toss fruit with lettuce and onion.
Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Cost

Per Recipe: \$4.18

Per Serving: \$0.52

Adapted from *Quick and Healthy*, 1995, Vol. II p.100,
Brenda Ponichtera RD, ScaleDown Publishing Inc.

Nutrition Facts

Serving Size: 1½ cups (151g)

Servings Per Recipe: 8

Amount Per Serving

Calories 60 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 12%

Sugars 6g

Protein 2g

Vitamin A 40% * Vitamin C 60%

Calcium 6% * Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4