



## Citrus Salad

**Prep: 10 minutes • Serves: 4**

- 2 large pink or ruby red grapefruits
- 2 medium oranges
- 1 tablespoon extra virgin olive oil
- 4 teaspoons fresh lime juice
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon ground black pepper
- $\frac{1}{2}$  medium red onion, thinly sliced ( $\frac{1}{2}$  cup)
- 1 tablespoon thinly sliced fresh basil leaves

**1.** Remove peel and white pith from grapefruits. Turn each grapefruit on its side and cut into  $\frac{1}{4}$ -inch-thick slices. Repeat process with oranges.

**2.** In small bowl, whisk together oil, lime juice, salt and pepper.

**3.** To serve, alternately layer grapefruit and orange slices. Sprinkle red onion and basil over sliced fruit and drizzle with oil mixture.

*Approximate nutritional values per serving:*

*108 Calories, 4g Fat (1g Saturated), 0mg Cholesterol,  
67mg Sodium, 19g Carbohydrates, 3g Fiber, 2g Protein*

### Chef tip:

- > To peel grapefruits or oranges, slice off top and bottom ends to form 2 flat surfaces. Place 1 flat side down on cutting board. With small paring knife, slice down the sides following the natural curve of the fruit to remove skin and white pith completely.