

ORANGE-GRAPEFRUIT SPINACH SALAD (WITH POMEGRANATE AND TOASTED WALNUTS)

This recipe is best kept for maintenance and/or special occasions.



INGREDIENTS

10-oz fresh baby spinach or spring mix
1 large red grapefruit
1 large navel orange
1/4 cup red onion, thinly sliced or diced
1/2 cup raw walnuts (or pecans), toasted
1 pomegranate, peeled and seeds removed (use as much as you prefer)
1/2 cup crumbled Feta or goat's cheese

Brown Sugar Balsamic Dressing:

3/4 cup extra virgin olive oil
1/4 cup organic Balsamic vinegar
1 Tbsp Swerve Brown sugar replacement
1 Tbsp Dijon mustard
1/2 tsp Pink Himalayan salt
1/4 tsp black pepper

(Can also use a simple vinaigrette using only the extra virgin olive oil and organic Balsamic vinegar.)

DIRECTIONS

If making the Brown Sugar Balsamic Dressing, add all ingredients in a jar. Seal with a lid, and shake vigorously for 30-90 seconds; until mixed well. *Shake either dressing in a jar or whisk well before serving*

Place spinach in a salad bowl.

For the grapefruit and orange: remove peel, cut off outer pith (white flesh) and cut out segments. Arrange on the spinach.

Sprinkle red onion, walnuts, Feta and pomegranate seeds. Drizzle with dressing.