



## 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*

### Helpful tips:

- > 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.
- > In addition to citrus fruits being delicious and refreshing, they also are thought to protect against chronic diseases, cancer and may help to reverse cell damage. Citrus fruits are high in vitamin C, another powerful antioxidant, that helps wounds heal and helps hold blood vessels, tendons, ligaments and bone together.