



ORANGE-GRAPEFRUIT SPINACH SALAD

(WITH POMEGRANATE AND TOASTED WALNUTS)

By Dr. Cindy Tanzar
(Maintenance)

“A vibrant, refreshing salad that combines sweet citrus, juicy pomegranate, toasted walnuts, and crisp baby spinach, topped with creamy Feta and a tangy brown sugar balsamic dressing. Perfect for special occasions or a light, flavorful meal.”

Makes about 5 servings.



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 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.