

Citrus Salad with Ginger Lime Dressing



Serves 4

Ingredients:

For dressing

- Juice from 1 lemon (about 3 tablespoons)
- 2 tablespoons canola oil
- 1 teaspoon finely grated fresh ginger root, peeled before grating
- 2 tablespoons granulated sugar
- Zest from 1 lime (about 1 teaspoon very finely grated peel)
- 1/8 teaspoon salt

- For salad
 - 3 cara cara oranges (pink fleshed), cut into segments
 - 2 navel oranges, cut into segments
 - 1 pink grapefruit, cut into segments
 - 1/4 cup chopped mint leaves

Preparation:

1. Combine all ingredients for the dressing in a small mixing bowl and whisk well.
2. To make beautiful Cara Cara segments, use a sharp knife to cut the top (stem side) and bottom off the fruit. Set the fruit on its bottom and use your knife to cut away the rest of the peel, working from the top to bottom and rotating the fruit as you go until all of the peel has been removed. You want to remove all of the white pith as well. Cut out the segments, leaving behind the membrane that separates the segments. Place the segments in a medium mixing bowl.
3. Drain off any juice from the segments, and then add the mint and dressing. Use a spoon to mix gently. Serve immediately.

Nutrition facts:

Per 1/4 of recipe 175 calories 2 grams of protein 30 grams of carbohydrates 4 grams of fiber 75 milligrams of sodium 325 milligrams of potassium 5 milligrams of cholesterol