Snack

Citrus Salad with Toasted Walnuts

Juicy grapefruit and orange sections are tossed with crisp mixed greens, thin slices of red onion, and crunchy toasted walnuts. A tangy raspberry and balsamic dressing ties it all together.

15 min	70	8 g	6 g
time	calories	carbs	sugars



Vegan | Dairy free

Ingredients, 8 servings

- [ ] 6 cup mixed greens
- [ ] 1 cup grapefruit sections
- [ ] 1 cup orange sections
- [ ] 1 cup red onion (thinly sliced)
- [ ] 1/4 cup toasted walnuts (coarsely chopped)
- [ ] 2 tbsp raspberry vinegar
- [ ] 1 tbsp orange juice
- [ ] 1 tbsp balsamic vinegar
- [ ] 1 tbsp olive oil
- [ ] 1/2 tsp sugar
- [ ] 1/4 tsp pepper
- [ ] 1/2 tsp soy sauce
- [ ] 1/4 tsp mustard powder
- [ ] 1/8 tsp salt

Method

- [ ] **1** Whisk the raspberry vinegar, orange juice, balsamic vinegar, olive oil, sugar, pepper, soy sauce, mustard powder, and salt together in a bowl until blended.
- [ ] **2** In a large bowl, toss the mixed greens, grapefruit sections, orange sections, red onion, and toasted walnuts.
- [ ] **3** Pour the dressing over the salad and toss gently until everything is evenly coated.

Nutrition Facts

Per serving

Calories	**70**
Total fat	4.5 g
Saturated fat	0.5 g
Sodium	65 mg
Total carbs	8 g
Fiber	1 g
Total sugars	6 g
Protein	1 g

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