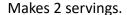# ORANGE-GRAPEFRUIT SPINACH SALAD (WITH POMEGRANATE AND TOASTED WALNUTS)

By Dr. Cindy Tanzar

Brighten up your meal with this refreshing Orange-Grapefruit Spinach Salad, a perfect balance of sweet and tangy flavors. Fresh baby spinach or spring mix serves as the base, complemented by juicy segments of red grapefruit and navel orange. The addition of thinly sliced red onion adds a touch of sharpness, while toasted walnuts (or pecans) provide a delightful crunch. Pomegranate seeds sprinkle in bursts of sweetness and color, and crumbled Feta or goat cheese brings a creamy richness that ties everything together. Drizzled with a homemade Brown Sugar Balsamic Dressing, this salad is not only vibrant and nutritious but also incredibly satisfying. For a simpler option, you can substitute the dressing with a classic vinaigrette of olive oil and balsamic vinegar. Enjoy this salad as a light lunch, a side dish, or a festive addition to your dinner table!

Makes 2 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 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 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.