

# Peppery Citrus Dressing

Serves 5

## *Salad ingredients*

- 6 cups mixed greens
- 1 cup red onion
- 1 cup cilantro

## *Dressing ingredients*

- ½ tablespoon grapefruit zest
- ½ cup grapefruit juice
- 1 teaspoon lemon zest
- 1 ½ tablespoon lemon juice
- ½ tablespoon sugar or granular Splenda
- 1/2 tablespoon olive oil
- 1 small Jalepeno pepper, seeds and ribs discarded, minced

## *Directions*

1. Arrange salad greens on a platter, top with onions and cilantro
2. For the dressing, put the ingredients in a small jar with a tight fitting lid. Shake vigorously to blend. Pour over salad mixture and serve

Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>46</b>
	% Daily Value*
<b>Total Fat</b> 1.4g	2%
Saturated Fat 0.2g	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 8mg	0%
<b>Total Carbohydrate</b> 8.1g	3%
Dietary Fiber 0.6g	2%
Total Sugars 2.1g	
<b>Protein</b> 0.6g	