

# Apple-Grapefruit Salad

## Salad of the Month – September 2013



Eyes on your plate! Serve up this vitamin A rich salad of fruitful proportions.

**Prep Time:** 20 Min

**Start to Finish:** 20 Min

**Makes:** 6 servings

### INGREDIENTS

#### Lime-Honey Dressing

3 tablespoons frozen (thawed) limeade or lemonade concentrate

3 tablespoons honey

3 tablespoons reduced-fat sour cream

1/4 teaspoon poppy seed

#### Salad

Salad greens

3 unpeeled red or green apples, sliced

2 pink or red grapefruits, peeled, sectioned

1/2 cup pomegranate seeds

### DIRECTIONS

1. In tightly covered container, shake all dressing ingredients until well blended. Refrigerate until serving time.
2. Arrange salad greens among 6 individual salad plates; top each with apple slices, grapefruit sections and pomegranate seeds. Serve with dressing.

**Recipe Provides:** Fruits 1/2c, Vegetables 3/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	160	<b>Calories from Fat:</b>	10
<b>Total Fat:</b>	1 ½ g	<b>Saturated Fat:</b>	½ g	<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	20 mg	<b>Total Carbohydrate:</b>	35 mg	<b>Dietary Fiber:</b>	4 g
<b>Sugars:</b>	28 g	<b>Protein:</b>	2 g		



This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)