



Sliced Citrus Pomegranate Salad

Yield: 8 servings

Ingredients

- 2 oranges, cut into segments (removing membranes)
- 1 lemon, cut into segments (removing membranes)
- 2 grapefruits, cut into segments (removing membranes)
- ¼ cup pomegranate seeds
- 1 tablespoon honey
- 1 tablespoon maple syrup
- 2 tablespoons pistachios, minced
- ¼ cup mint leaves, chiffonade

Instructions

1. Peel the citrus fruit and cut into segments into a small bowl
2. Scatter the pomegranate seeds over the top.
3. Whisk together honey and maple syrup in a small bowl.
4. Drizzle over citrus and pomegranate seeds.
5. Divide on plates as a side with the Skillet Ratatouille or enjoy on its own.
6. Sprinkle pistachio and mint leaves on top.



Presented by
Culinary Medicine

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Nutrition Information **Serving Size: 1 cup**

Calories: 90 | Total Fat: 1 g | Saturated Fat: 0 g | Sodium: 10 mg
Total Carbohydrate: 20 g | Dietary Fiber: 3 g | Sugars: 14 g | Protein: 2 g