

Almond-Citrus Salad

Recipe Type: Main Dish, Salad, Side Dish, Vegetarian

Ingredients

½ cup orange juice
2 Tbs white wine vinegar
2 Tbs almond or vegetable oil
1 Tbs honey
2 tsp grated fresh ginger
¼ tsp salt
⅛ tsp red pepper flakes
2 navel oranges, peeled
6 cups torn spinach leaves
¾ cup slivered almonds, toasted
½ Grapefruit, peeled



Directions

- 1 Mix juice, vinegar, oil, honey, ginger, salt and pepper flakes in blender for the marinade
- 2 In medium bowl, combine orange and grapefruit sections and marinade. Marinate for at least 10 minutes.
- 3 Toss spinach with marinade mixture and sprinkle toasted sliced almonds on top.

Nutrition Facts

Nutrition (per serving): 282 calories, 19.1g total fat, 1.5g saturated fat, 0mg cholesterol, 182.9mg sodium, 25.7g carbohydrates, 5.6g fiber, 15.5g sugar, 7.2g protein.

Servings: 4

Weight Watchers Points

Note: The orange juice, orange and grapefruit wedges and the spinach leaves were not included when calculating any of the Weight Watchers Points.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 7

FreeStyle Smart Points: 7