



Citrus Salad with Baby Greens

MyPlate2Yours - Lynn Dugan

Ingredients

4 cups baby arugula, spinach and/or romaine
1 cup grape tomatoes, halved
1 cup (about 1 large) English cucumber, diced
3 clementine oranges, sectioned
1 pink grapefruit, sectioned with knife
1 ripe avocado, diced
2 tablespoons roasted, salted sunflower seeds

Directions

Dressing: Mix together 1/4 cup freshly squeezed orange juice, 2 tablespoons white balsamic vinegar, 2 teaspoons honey. Whisk in 1/4 cup extra virgin olive oil. Season with dash cayenne pepper; salt and pepper to taste.

Spread greens on a serving platter. Top with cucumbers, tomatoes and avocado. Arrange orange and grapefruit sections on top. When ready to serve, toss salad with dressing and sprinkle with sunflower seeds.