



Grapefruit, Spinach & Avocado Salad



Yield 8 servings

Ingredients:

- 1 Bunch spinach, washed, patted dry, leaves torn
 - 3 Red grapefruit cut into small pieces
 - 2 Ripe avocados, sliced into small pieces (if its available)
 - 3 Tbs. grapefruit or orange juice
 - 1 Tsp. sugar
 - 2 Tbs. vinegar
 - 3 Tbs. olive oil
- Salt, to taste

Ask the Dietitian Condado de Los Angeles
www.lapublichealth.org/nutrition

Preparation:

Place spinach in a bowl. Set aside avocado and grapefruit. Whisk together remaining ingredients in a bowl. Gently toss spinach and dressing together immediately before serving and top with avocado and grapefruit.

Nutritional information per serving:

Calories 160, Fat 11 gm,
(from olive oil and avocado),
Fiber 8 gm,
Cholesterol 0 mg,
Sodium 75 mg.

Rev. 01/2010



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