

Citrus Mint Salad w/Ginger Lime Dressing

Did you know that March 31st is National Orange & Lemon Day?

Citrus fruits are an excellent source of nutrition offering Vitamin C, folate, and Thiamine.

Celebrate National Orange & Lemon Day with this very light, refreshing, and beautifully nutritious salad! Citrus Mint Salad with Ginger Lime Dressing can be served as a side dish or dessert. The dressing for this salad also works well on salads made with mild flavored baby greens, like baby spinach.

Ingredients:

- 3 Sunkist® cara cara oranges, cut into segments
- 2 Sunkist® navel oranges, cut into segments
- 1 Sunkist® pink grapefruit, cut into segments
- 1/4 cup chopped mint leaves

Dressing:

- Juice of 1 Sunkist® lemon (about 3 Tbsp.)
- 2 Tbsp. Canola oil
- 1 tsp. finely grated fresh ginger root (peeled before grating)
- 2 Tbsp. granulated sugar
- Zest of 1 Sunkist® lime (about 1 tsp finely grated peel)
- 1/8 tsp. salt

Instructions: (Makes 4 servings)

- Combine all ingredients for the dressing in a small mixing bowl and whisk well.
- To make beautiful Cara Cara segments, use a sharp knife to cut the top (stem side) and bottom off the fruit. Set the fruit on its bottom and use your knife to cut away the rest of the peel, working from the top to bottom and rotating the fruit as you go until all of the peel has been removed. You want to remove all of the white pith as well. Cut out the segments, leaving behind the membrane that separates the segments. Place the segments in a medium mixing bowl.
- Drain off any juice from the segments, and then add the mint and dressing. Use a spoon to mix gently. Serve immediately.

Nutrition Information (per serving):

calories: 175, total fat: 7g, saturated fat: 0.5g, % calories from fat: 33%, % calories from saturated fat: 2.5%, protein: 2g, carbohydrate: 30g, cholesterol: 0mg, dietary fiber: 4g, sodium: 75mg

Source: http://www.sunkist.com/recipes/sunkist-cara-cara-citrus-mint-salad-with-ginger-lime-dressing_769.aspx

