



## Citrus Salad

A delicious low calorie salad that can be used before or after a meal!

4 oranges, peeled seeded and diced  
2 ruby red grapefruit, peeled seeded and diced  
1 (15oz) can pineapple chunks with juice

Combine all of the above ingredients and serve in a clear glass bowl or in individual dishes. A festive presentation would be to serve in a martini or margarita glass.

Serves 4: serving (3/4 cup): 130 calories, 0g fat, 0g saturated fat, 0 mg cholesterol, 0mg sodium, 28 g carbohydrate, 3 g fiber, 2 g protein

**Cooks notes:** For an additional 60 calories add a small scoop of sorbet (a/b ¼ cups) for a nutritious low calorie dessert! For added antioxidant power with minimal calories, sprinkle top of salad with blueberries. For additional color try using blood oranges. Get creative!