



# SPINACH GRAPEFRUIT SALAD

- Ready In: 5 minutes
- Serves: 6

## Ingredients:

- 2 tsp poppy seeds
- 3 medium grapefruits
- 2 Tbsp white wine vinegar
- 2 Tbsp olive oil
- 1 Tbsp coarse grain mustard
- 1/2 tsp honey
- 3/4 lb spinach, washed and torn
- 1/2 small jicama, peeled and cut into matchsticks
- 1/2 red onion, thinly sliced

## Directions

Working over a small bowl to catch the juice, remove skin and white pith from grapefruit. Cut into segments from surrounding membrane. Measure 1/3 cup of the juice and set aside. In a blender, combine vinegar, oil, mustard, honey, and reserved grapefruit juice. Blend until creamy. Season with pepper. In a salad bowl, combine spinach, jicama, onions, and grapefruit sections. Drizzle with the dressing and toss. Sprinkle with poppy seeds and serve.