



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.



ALWAYS wash fruits and veggies when preparing for cooking or eating. When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

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