



Spicy Grapefruit Salad

Makes 8 servings

Salad

Ingredients

- 3/4 pound fresh spinach, trimmed, washed and torn (approximately 16 cups)
- 1/2 medium jicama, peeled and cut into thin strips
- 1/2 red onion, thinly sliced
- 3 Texas Rio Star Grapefruit, sectioned
- *dressing recipe below

Directions

1. Mix spinach, jicama, and onion.
2. With a sharp knife, section grapefruit while working over a small bowl to catch the juice.
3. Reserve juice for dressing.
4. Cut the grapefruit segments and add to salad mixture.
5. Toss and chill.

Spicy Grapefruit Salad Dressing

Ingredients

- 2 teaspoons toasted poppy seeds
- 6 cloves garlic - finely chopped
- 2 tablespoons white-wine vinegar
- 2 tablespoons virgin olive oil
- 1 tablespoon coarse-grain mustard
- 1/2 teaspoon honey

Directions

1. Combine all ingredients, except poppy seeds, until creamy.
2. Season with salt and coarse-ground black pepper.
3. Drizzle dressing over salad mixture and toss.
4. Arrange on salad plates and garnish with toasted poppy seeds.