



Winter Grapefruit Salad

prep time:
25 minutes

makes 4 servings

grocery list

ShopRite grapefruit juice
ShopRite Imported Balsamic Vinegar
Filippo Berio Extra Virgin Olive Oil
ShopRite sugar
fresh mixed greens
fresh pink grapefruit
fresh pears
dried cranberries
ShopRite pecans
bleu cheese or goat cheese

winter grapefruit salad

- 1/4 cup ShopRite grapefruit juice
- 2 tbsp. **ShopRite Imported Balsamic Vinegar**
- 2 tbsp. **Filippo Berio Extra Virgin Olive Oil**
- 1 tbsp. ShopRite sugar
- 4 cups fresh mixed greens
- 3 fresh pink grapefruit, peeled, seeded, and sectioned
- 2 fresh pears, thinly sliced
- 1/4 cup dried cranberries
- 1/3 cup ShopRite pecans, toasted
- 1/4 cup bleu cheese or goat cheese, crumbled

1. Whisk together grapefruit juice, vinegar, oil, sugar, 1/8 teaspoon salt, and 1/8 teaspoon pepper; set aside.
2. Combine salad greens, grapefruit, pears, cranberries, and pecans; top with cheese. Add dressing; toss gently. Serve immediately.

Per Serving: 346 calories, 42g carbohydrate, 8g protein, 17g fat, 9g fiber, 6mg cholesterol, 721mg sodium

cook's journal

kitchen tools

- liquid measuring cup
- measuring spoons
- dry measuring cups
- whisk
- small bowl
- large bowl

recipe note

Toasting the pecans helps them stay crisp and brings out their full flavor. To toast, bake at 375°F in single layer on a shallow baking tray, or cook in a dry skillet over medium heat for a few minutes.

a good idea

Serve this salad with pork, seafood, chicken, or beef. Or add chopped cooked chicken, turkey, or shrimp for a meal.

