

# Citrus Salad

## Citrus Salad With Citrus Poppy Seed Dressing



Serves 2

4 points on all plans as written with 1 Tbsp dressing – adjust points if you want more walnuts/more dressing

Salad alone – 3 Points

1 Tbsp dressing – 1 point

### Citrus Poppy Seed Dressing

- 2 Tbsp zero calorie sweetener (I use Lakanto Monkfruit)
- 2 Tbsp white wine vinegar
- pinch salt
- 1/4 cup olive oil
- 1 tsp poppy seeds
- 1/3 cup fresh squeezed orange juice
- 1 Tbsp orange zest

### Salad

- 4 cups mixed salad greens
- 1/2 cup mandarin oranges in 100% juice, drained
- 1 Tbsp walnuts, chopped
- 2 Tbsp dried cranberries
- 1/4 cup reduced fat feta cheese, crumbled

## **Dressing**

1. Mix oil, monkfruit, orange juice, vinegar, salt and zest together.
2. Whisk well. Add poppy seeds and whisk until combined.

## **Salad**

1. Divide the salad greens between two bowls or plates.
2. Top each with half the oranges, half the walnuts, half the cranberries, half the feta
3. Top with 1 Tbsp dressing