

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