



Winter Citrus Salad

Adapted from Mark Bittman in the New York Times

Winter is citrus season, and the zesty, juicy fruits packed with flavor and nutrition seem tailor-made to wake up sleepy taste buds. Swap in a variety of your favorite citrus for a sweet, sour, tangy combination. And if you peel your fruit, don't forget to zest them first - you can save citrus zest in the freezer to add a bright flavor to salad dressings, soups, and baked goods.

INGREDIENTS

- 2 blood oranges or tangerines
- 1 pink grapefruit
- 1 navel orange
- Pinch of salt
- 3 tablespoons extra virgin olive oil
- 1 tablespoon sherry vinegar
- ½ teaspoon honey
- Lime or lemon juice to taste
- 3 mint leaves, freshly sliced (or kids can tear with their fingers)

DIRECTIONS

1. Peel citrus, removing as much pith as possible, and slice into wheels. Layer fruit on a serving dish and sprinkle with salt.
2. Whisk together olive oil, vinegar, honey, lime/lemon juice and mint until well combined; taste, adjust seasoning as needed and drizzle over salad.