

Ruby Red Grapefruit and Spinach Salad

1 ruby red grapefruit	2 tsp olive oil
1 (10 ounces) fresh spinach, torn	2 tsp honey
2 tbsp. chopped green onion	2 tsp brown mustard
2 tsp cider vinegar	

Method: Cut grapefruit in half; with a sharp knife, cut around each section to loosen fruit, reserving juice. In a salad bowl, toss the spinach, onion and grapefruit sections. In a jar with a tight-fitting lid, combine the vinegar, oil, honey, mustard and reserved grapefruit juice; shake well. Drizzle over salad and toss to coat. Serve immediately.