CITRUS SALAD WITH LEMON YOGURT

SERVES 6

Preparation time: 20-30 minutes
Chill: Approximately 2 hours

INGREDIENTS

3 oranges, peeled and chopped
2 pink or red grapefruit, peeled and chopped
2 cups seedless red grapes, halved
1 6-ounce container low-fat lemon yogurt
1 teaspoon honey (optional)

DIRECTIONS

1. On a cutting board, cut tops and bottoms off of oranges and grapefruits so each piece of fruit has two flat ends.
2. Place fruit on one flat end and carefully cut off peel and pith from top to bottom.
3. Once peel is removed, chop up fruit. The fewer cuts made, the more juice will be kept in the fruit.
4. Halve the grapes.
5. Toss fruit in a bowl and refrigerate until thoroughly chilled, approximately 2 hours.
6. Add honey to yogurt. Drizzle mixture over fruit just before serving.

SIMPLY GOOD EATING

TIPS & VARIATIONS

• IF YOU DO NOT HAVE LEMON YOGURT use vanilla yogurt and add 2 tablespoons of lemon juice.
• GARNISH WITH FRESH MINT.