Winter Citrus and Pomegranate Salad

Ingredients:

- 1 pomegranate
- 2 large navel oranges
- 2 pink grapefruits

Directions

1. Place the pomegranate on a surface that won't stain. Starting at the crown, cut a cross into the fruit about halfway down. Put a large bowl in the sink and, holding the pomegranate crown side down over the bowl, break it apart into quarters.
2. Squeeze each quarter firmly over the bowl to release the seeds and juice, then bend each quarter back to release more seeds. (Don't worry about getting all the seeds out. What you want is juice, so squeeze the pomegranate again to release the juice from any remaining seeds still attached to the fruit.) Pick out any bits of the white membrane so all that remains in the bowl are seeds and juice.
3. For the oranges and grapefruits, cut a slice off the top and bottom of each fruit so they sit flat on a cutting board. Using a sharp knife, work your way around the fruits to remove all the skin and pith.
4. Cupping the fruit in one hand and working over the bowl, carefully cut the segments out from between the membranes. (Be sure to cut only until you reach the middle of the fruit!) Firmly squeeze the remaining membranes over the bowl to release all the juices.
5. Cover and refrigerate until ready to serve. Be sure to serve this fruit salad in bowls, so the juice can be spooned up with the fruit.

Nutrition Facts

Serving Size (295g)
Servings Per Container 4

Amount Per Serving

Calories 150	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 10g	**40%**
Sugars 26g	
Protein 3g	

Vitamin A 20% • Vitamin C 190%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Benteh Nuutah Valley Native Primary Care Center | Wellness Center
(907) 631-7630 | southcentralfoundation.com

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