



Citrus & Arugula Salad

With Ricotta and Pumpkin Seeds

Tangy, sweet, and delicious, this fresh salad is full of colour and flavour.

Makes 8 Servings

Ingredients

2 small blood oranges*
2 navel oranges
2 ruby red or pink grapefruits
1 cup plain ricotta cheese
2 tbsp honey
2 cups baby arugula
2 tbsp pomegranate arils
2 tbsp unsalted pumpkin seeds, toasted
1 tbsp olive oil

*If you can't find blood orange, substitute additional navel oranges. The salad won't be as colourful, but it will still be full of bright flavour.

Steps

1. Cut a thin slice off the stem end and bottom of each fruit. Standing each on 1 cut side, slice downward along the edge to remove the peel and pith, rotating and cutting to expose the flesh. Cut each crosswise into ¼-inch-thick slices.
2. In a small bowl, stir ricotta with half of the honey (1 tbsp). Scatter arugula on a serving platter. Arrange citrus fruit over top and dollop with ricotta mixture. Sprinkle with pomegranate and pumpkin seeds. Drizzle with the remaining honey and oil.
3. **Make-Ahead Tip:** Prepare all ingredients ahead of time and store separately. Assemble just before serving.

Nutrition Information

162 Calories | 21g Carbohydrates | 7g Fat | 3g Saturated Fat | 3g Fibre | 5g Protein | 30mg Sodium | 16g Sugar

Source: www.cleaneatingmag.com