

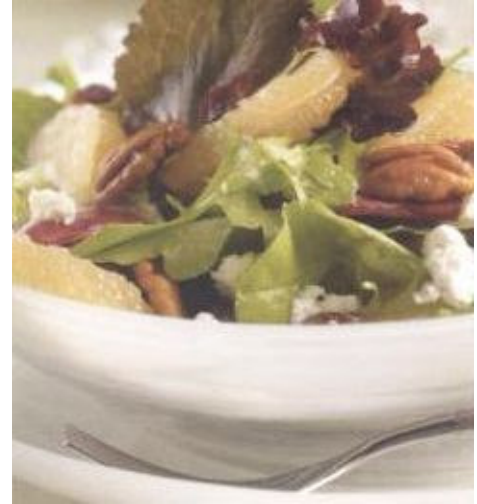
Herbal Legacy Recipes

Winter Grapefruit Salad

Yield: 4 servings

Ingredients:

1/4 cup grapefruit juice
2 T balsamic vinegar
1 T olive oil
1 T Sucanut
1/8 t salt
1/8 t pepper
4 cups mixed organic greens
3 grapefruit, peeled, seeded and sectioned
2 pears, thinly sliced
1/4 cup dried cranberries
1/4 cup pecans, toasted



Directions:

1. For dressing whisk together grapefruit juice, vinegar, oil, Sucanut, salt and pepper. Set aside.
2. Combine salad greens, grapefruit, pears, cranberries and pecans. Add dressing, tossing gently.

Adapted from Try-Foods International