

Mizuna & Grapefruit Salad

Ingredients: Serves 4

- 1 pomegranate
- 4 cups chopped mizuna
- 2 grapefruits
- 1/2 cup pineapple, diced
- 4 and 1/2 Tbsp white vinegar
- 4 Tbsp olive oil
- Pinch of salt

Directions:

- 1) Cut the pomegranate into 4 pieces and soak in water as you remove the seeds.
- 2) Peel the grapefruit with a knife
- 3) Insert the knife between the fruit and the inner membranes to remove the flesh. Place a bowl under it to catch the juice.
- 4) Arrange the mizuna on a plate and top with the grapefruit. Sprinkle on the pomegranate seeds.
- 5) Mix the grapefruit juice, pineapple, vinegar, olive oil, and salt in a blender to make the dressing.
- 6) Pour the dressing over the mizuna and serve. Enjoy!

Recipe Adapted from: <https://cookpad.com/us/recipes/153519-mizuna-or-arugula-grapefruit-salad?via=search>

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