

This beautiful salad is perfect any time. Serve it at your next barbeque or make it the centerpiece for a company breakfast. If you are unable to find a pomegranate, use diced frozen or unsweetened dried cherries instead. Recipe is adapted from Cooking Light Annual Recipes 2008.



Serves 6

Citrus & Kiwifruit Salad with Pomegranate Seeds

3-4 kiwifruit, peeled and sliced
4 oranges, peeled and sliced
2 red grapefruit, peeled and sectioned
1/4 c. pomegranate seeds
2 Tbs. coarsely chopped pistachios (optional)



To peel a grapefruit, cut off top and bottom, then slice off the sides, as in photo. (Wastebasket is underneath.) Gently holding peeled grapefruit over a bowl to catch juice, cut out sections, removing seeds with the tip of the knife.

Peel the oranges, kiwifruit, and grapefruit ahead of time and refrigerate separately in heavy-duty zip-top plastic bags. Wait until you're about to serve to finish slicing the oranges and kiwi, to retain their juiciness. Seed the pomegranate in advance and refrigerate the seeds in a zip-top snack bag. Topping with coarsely chopped pistachios is an optional crowning touch!

Arrange oranges and grapefruit on a serving platter; surround with kiwifruit and top with pomegranate seeds. Sprinkle with pistachios if desired.