Citrus salad with lemon yogurt



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves
6
Serving size
1/6 of prepared recipe
Time to make
25 minutes preparation
Special criteria
Vegetarian recipes

Ingredients

- 3 oranges, peeled and chopped
- 2 pink or red grapefruit, peeled and chopped
- 2 cups seedless red grapes, halved
- 1 6-ounce container low-fat lemon yogurt
- 1 teaspoon honey

Directions

1. On a cutting board, cut tops and bottoms off of oranges and grapefruits so each piece of fruit has two flat ends.
2. Place fruit on one flat end and carefully cut off peel and pith from top to bottom.
3. Once peel is removed, chop up fruit. The fewer cuts made, the more juice will be kept in the fruit.
4. Halve the grapes.
5. Toss fruit in a bowl and refrigerate until thoroughly chilled, approximately 2 hours.
6. Add honey to yogurt. Drizzle mixture over fruit just before serving.

Tips and variations

- If you do not have lemon yogurt, use vanilla yogurt and add 2 tablespoons of lemon juice.
- Garnish with fresh mint.

Nutritional info

Calories
129
Total fat
0.7 g

Saturated fat
0.3 g
Cholesterol
1.7 mg
Sodium
17.7 mg
Total carbohydrates
30.7 g
Dietary fiber
3.3 g
Protein
2.8 g
Total sugar
24.7 g
Allergens
Dairy

View other recipe categories

- Beverages
- Breads
- Breakfast
- Main dishes
- Salads
- Seasonings and salsa
- Side dishes
- Snacks and sweets
- Soups

You may also like

Orange and cucumber salad

