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**MIXED GREEN SALAD WITH GRAPEFRUIT & CRANBERRIES\***  
Advanced Lifestyle

**Ingredients**

2 red grapefruit  
1/4 cup extra-virgin olive oil  
2 TBS minced scallions  
1 TBS white-wine vinegar  
1/4 TSP salt  
1/4 TSP freshly ground pepper  
8 cups torn butter lettuce  
6 cups baby spinach  
One 14-ounce can hearts of palm, drained and cut into bite-size pieces  
1/3 cup dried cranberries  
1/3 cup toasted pine nuts (see Note below)

**Instructions**

1. Remove the skin and white pith from grapefruit with a sharp knife. Working over a bowl, cut the segments from their surrounding membranes. Cut the segments in half on a cutting board and transfer to a large salad bowl. Squeeze the grapefruit peel and membranes over the original bowl to extract 1/4 cup grapefruit juice.
2. Whisk oil, scallions, vinegar, salt and pepper into the bowl with the grapefruit juice.
3. Add lettuce, spinach and hearts of palm to the salad bowl with the grapefruit segments. Just before serving, toss the salad with the dressing until well coated. Sprinkle cranberries and pine nuts on top.

**Portion-Per-Serving Information:** (Yields 12 servings): Serving = 1 cup = 1V, 1 FR, 1 FT

Note: To toast the pine nuts, place them in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.