

## Citrus Salad with Avocado

3 low protein tortillas  
4 oranges, medium (720 grams)  
4 grapefruits, medium (960 grams)  
2 Tablespoons honey  
2 Tablespoons raspberry vinegar  
1 avocado, peeled and sliced (173 grams)  
6 sprigs fresh mint for garnish (optional)

Slice tortillas into thin strips. Dry the strips by placing on a cookie sheet and baking in a preheated 225 F oven for approximately 15 minutes. Set aside. Grate the oranges to obtain approximately 2 teaspoons of orange rind for each serving. Set aside. Peel oranges and grapefruit, section and seed. Set sections aside.

Mix honey, raspberry vinegar, orange and grapefruit sections. Add orange rinds and tortilla strips. Toss all ingredients gently. Top with avocado slices and a sprig of fresh mint for garnish.

Per cup: 45 mg phe

Recipe adapted from aboutproduce.com.



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