**Pomegranate and Pink Grapefruit Salad**

(Make 4 -1 cup serving)

3 T Honey

2 T Rice Wine vinegar

1 large pink grapefruit

1 ½ cup green grapes

1 pomegranate

Optional: 1 cup walnut pieces

1. Mix the honey and rice vinegar in the small bowl until well combined; set aside. This is the salad dressing.
2. Peel the pinkish yellow rind and the pith (the stingy white inner skin) of the grapefruit. Section the grapefruit. Cut the grapefruit sections into 1/2 inch pieces. Place the grapefruit in a large bowl.
3. Cut green grape in half and add to the grapefruit. If you are using nuts add them to the two fruits. Stir the mixture with a spoon.
4. For the next step be careful as pomegranates stain. Cut off a thin slice at the top and bottom of the fruit. Make shallow slices in several place around the fruit. Slip your fingers beneath the skin to peel. Break fruit into sections.

Separate the seeds from the rind and pith. You can do this in a container with the fruit in water. The seeds will float to the top.

1. Sprinkle the seeds into the bowl of grapefruit and grapes.
2. Drizzle the honey dressing over the fruit and mix thoroughly, but gently.
3. Cover the salad with plastic wrap and put in the refrigerator for at least an hour to let the flavors blend.
4. Stir the salad before serving.