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Citrus-Poppy Seed Vinaigrette

CONTRIBUTED BY [BOBBY FLAY](#)

ACTIVE:

TOTAL TIME: 10 MIN

SERVINGS: MAKES ABOUT 1 CUP

BASIC-EASY

FAST

HEALTHY

MAKE-AHEAD

STAFF-FAVORITE

[Bobby Flay](#) combines lime, orange and grapefruit juices for a dressing that's great on greens or fruit, especially honeydew.



More Salad Dressing Recipes

3 tablespoons fresh lime juice

3 tablespoons fresh orange juice

2 tablespoons fresh grapefruit juice

1 teaspoon Dijon mustard

1 teaspoon low-fat mayonnaise

1 teaspoon honey

1/3 cup plus 1 tablespoon canola oil

1 1/2 teaspoons poppy seeds

Kosher salt and freshly ground pepper

1. In a bowl, whisk the lime, orange and grapefruit juices with the mustard, mayonnaise and honey. Slowly whisk in the oil until the dressing is creamy. Stir in the poppy seeds, season with salt and pepper and serve.

Notes

Two Tablespoons 113 cal, 11 gm fat, 0.9 gm sat fat, 3 gm carb, 0 gm fiber.

Toss with delicate, peppery greens like arugula or with chunks of fruit.