Orange, Onion, and Olive Salad

4 navel oranges

1/4 small red onion, thinly sliced

Juice of 1/2 lemon

1/4 t ground cinnamon

sea salt and ground pepper

1 T olive oil

1/2 c green olives, halved and pitted

1 T chopped flat leaf parsley

Makes 4 servings