

Grapefruit Sauce

(beef, chicken or pork)

- 2 cups of grapefruit sections drained
- 1 small red onion minced (about $\frac{3}{4}$ cup)
- 1 tablespoon of limejuice
- 2 tablespoons of fresh cilantro chopped
- 1 tablespoon of honey
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ to 1 jalapeno pepper seeded and finely chopped (optional)

Mix in a bowl and serve over cooked meat.