

Avocado and Grapefruit Salad

Creamy avocado pairs with tangy grapefruit for a surprisingly winning combo! This quick, easy salad can be served alongside chicken, fish or shrimp or served on top of mixed greens for a more substantial salad.

1 tbsp (15mL) Dijon mustard
¼ cup (65mL) freshly squeezed lemon juice
1½ tsp (7mL) kosher salt (or less to taste)
¾ tsp (3mL) freshly ground black pepper
½ (65mL) cup good extra-virgin olive oil
4 ripe Haas avocados
2 large red grapefruits

1. Place the mustard, lemon juice, salt and pepper in a bowl. Slowly whisk in the olive oil until the vinaigrette is emulsified.
2. Before serving, cut the avocados in half, remove the seeds and carefully peel back the skin. Toss the slices in vinaigrette to prevent browning.
3. Use a large, sharp knife to slice the peel off the grapefruits, be sure to remove all of the white pith, then cut away the membranes to release the segments.
4. Arrange the avocado slices around the outside of a platter and the grapefruit slices in the centre. Drizzle with vinaigrette, season with salt and pepper to taste and serve.

Source: Ina Garten : <http://www.foodnetwork.com/recipes/ina-garten/avocado-and-grapefruit-salad-recipe.html#>!



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