Grapefruit Avocado Salad

Serves 4-6

Ingredients

- 1 Tbsp Dijon mustard
- ¼ cup freshly squeezed lemon juice
- 1 ½ tsp kosher salt
- ¾ tsp freshly ground black pepper
- ⅓ cup olive oil
- 3 ripe avocados
- 2 large grapefruits

Preparation

Place the mustard, lemon juice, salt, and pepper in a bowl. Slowly whisk in olive oil until the vinaigrette is emulsified. Before serving, cut the avocados in half, remove the seeds, and carefully peel off the skin. Cut each half into 4 thick slices. Toss the avocado slices in the vinaigrette to prevent them from turning brown. Use a large, sharp knife to slice the peel off the grapefruits (be sure to remove all the white pith), then cut between the membranes to release the grapefruit segments. Arrange avocado slices around the edge of a large platter and arrange the grapefruit segments in the center. Spoon vinaigrette over the top, sprinkle with salt and pepper and serve.

Calories 280, Total Fat 24g, Sat Fat 3g, Sodium 540mg, Carbohydrates 18g, Fiber 4g, Sugars 8g, Protein 3g

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