

Avocado Grapefruit Salad Recipe



Ingredients

6 C Mesclun/Romaine lettuce
 1 avocado, scored and seeded, See Note
 1 grapefruit, well peeled
 ½ tsp sea salt
 Black pepper, to taste

This is such a simple, yet tasty salad. It is perfect for picnics or as a light course with a heavy dinner. I have added chopped almonds and walnuts to give an additional texture. The juice from the grapefruit is the dressing.

Method

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1. Place rinsed and dried lettuce in salad bowl.
 2. Scoop out avocado and cut into small pieces. Add to salad bowl.
 3. Add all other ingredients. Serve.

Note: Use a medium-soft avocado that can be sliced. You are not making guacamole. If your avocado is overripe, no worries. Just be sure to mix the salad well for good distribution.