



## **Avocado, Frisée and Grapefruit Salad**

Makes 2 servings

### **Ingredients**

- 1 medium head of frisée greens (a type of chicory), cut and cleaned
- 1 Red grapefruit
- 1 Large Hass avocado
- ¼ cup dried cranberries
- 3 Tbs. mild tasting olive oil
- 2 Tbs. Grapefruit juice
- 1 tsp. Dijon mustard
- 1 tsp. Honey
- Salt and black pepper

### **Directions**

1. Peel the grapefruit with a sharp knife, removing any white pith. Cut into segments (cutting between the membranes). Squeeze out any remaining juice and set aside (you'll be using the juice for the dressing).
2. Slice the frisée into thin slices (from top to bottom) and place in a salad bowl.
3. Peel and slice the avocado into thick slices. Add to the salad bowl.
4. Make the dressing by mixing together the Dijon mustard, grapefruit juice, honey and olive oil.
5. To finish, add the grapefruit segments to the bowl, along with the dried cranberries; then gently mix in the salad dressing, using your hands to toss the ingredients together.
6. Season to taste with salt and freshly ground black pepper.

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