

Grapefruit Avocado Salad

Nutritional Highlights

- Grapefruits are a bright and flavorful source of vitamin C and fiber.
- Avocados add heart healthy fats to this light salad.
- Try this recipe for breakfast, as a side dish, a filling mid-day snack, lunch, or a light dinner!
- Servings: 4

Ingredients

- 2 Tbsp olive oil
- 2 Tbsp fresh lime juice
- 1 Tbsp honey
- 1 tsp lime zest
- 2 medium ruby red grapefruits
- 2 medium Hass avocados, sliced 1/4" thick
- Salt and pepper to taste
- Fresh mint leaves to garnish

Directions

- In a small bowl, mix olive oil, lime juice, honey and lime zest to make a dressing. Set aside.
- With a sharp paring knife, cut off the top and bottom of the grapefruit. Cut the skin and bitter white pith by following the curve of the grapefruit. Cut in between the membranes to release the juicy sections.
- Cut avocado lengthwise into two halves feeling for the pit. Twist the two halves apart. Use the knife to remove the pit. Holding an avocado half steady on a cutting board, use the tip of a paring knife to make 1/4" slices without piercing the skin. Use a large spoon to carefully scoop out the slices.
- Arrange grapefruit segments and sliced avocados on plate. Drizzle dressing over the salad. Garnish with the mint. Enjoy!

Get Creative

Try serving over a bed of favorite greens with a hard boiled egg, chicken, shrimp, or salmon for a tasty breakfast or lunch.