

Avocado-Grapefruit Salad

Serves 4-6

Ingredients

Salad

- 2 hearts of Romaine (or other lettuce of your choice), chopped (about 12 oz.)
- 1 large avocado, peel and seed removed, cubed
- 2 small or 1 large grapefruit, cubed
- 3 tbsp. pine nuts
- 2 sliced green onions
- ¼ cup sweetened dried cranberries



Dressing

- 1/3 cup extra virgin olive oil
- 2 small or 1 large tangerine, peeled and halved
- 1 tbsp. agave nectar
- 1 tsp. Dijon mustard
- 3 tbsp. apple cider vinegar
- 2 tsp. poppy seeds
- Salt and pepper to taste

Directions

- 1) In a large bowl, carefully toss together lettuce, avocado, grapefruit, green onions, and dried cranberries. (If you aren't serving the salad immediately, add the avocado right before serving).
- 2) Toast the pine nuts in a small, dry pan for about 2 minutes, stirring frequently, or until golden and fragrant, being careful not to let them burn.
- 3) In a blender or food processor, blend together all ingredients for dressing until smooth.
- 4) Top the salad with the toasted pine nuts. Toss salad with dressing and serve. (Note: you might not need all of the dressing)