

Avocado and Grapefruit Salad

Printed from Avocado Recipes at <http://www.avocadorecipes.net/>

Freshen up your plate with a summer salad that's got no shortage in pep.

Ingredients:

2 grapefruits, peeled whole
1 ripe avocado, peeled, pitted, sliced
½ small head red lettuce, leaves torn
¼ cup nonfat plain yogurt
2 tablespoons Dijon mustard
1 tablespoon honey
Salt and black pepper, to taste

Directions:

- 1) Segment the grapefruits: once peeled, use a small knife to gently slice each segment of fruit out of the sections. Combine with avocado and lettuce in a medium bowl; set aside.
- 2) In a small bowl, whisk together yogurt, mustard, honey, and seasonings. Pour over grapefruit mixture; toss gently and serve.