

STEPHANIE IZARD'S

AVOCADO, ENDIVE & APPLE SALAD with GRAPEFRUIT VINAIGRETTE

Serves **4**. Makes approximately **1 qt** salad (not including avocado).

INGREDIENTS:

Grapefruit Vinaigrette:

Makes $\frac{3}{4}$ cup vinaigrette (including grapefruit segments).

- 1 ruby red grapefruit (about 10 oz)
- 1 tbsp olive oil
- 1 tsp honey
- 1 tbsp basil (about 4 basil leaves), thinly sliced
- $\frac{1}{8}$ tsp kosher salt
- Fresh ground black pepper, to taste

Salad:

- 2 Belgian endive, core removed and thinly sliced
- 1 crisp apple, julienned
- 2 radishes, thinly shaved
- $\frac{1}{3}$ cup pomegranate seeds (about $\frac{1}{4}$ large pomegranate)
- $\frac{1}{8}$ tsp kosher salt
- Fresh ground black pepper, to taste
- 1 ripe avocado

INSTRUCTIONS:

- 1.** Make Grapefruit Vinaigrette: Cut skin from top and bottom of the grapefruit and set grapefruit on a cutting board so it stands upright on one of the flat ends. Remove skin and pith from grapefruit with a sharp knife, cutting to the flesh from top to bottom all the way around. Hold skinned grapefruit over a medium bowl and cut in a "V" to remove individual segments from between the visible membrane "walls." Reserve juices in bowl as you cut, then squeeze remaining membrane to release the rest of the juice once all segments are cut free. Discard membrane. Cut segments crosswise into quarters. Whisk oil and honey into juice, then stir in grapefruit segments and basil. Season with salt and pepper.
- 2.** Gently toss endive, apple, radishes and pomegranate seeds with grapefruit vinaigrette. Season with salt and pepper, to taste, and set aside.
- 3.** Cut avocado in half and remove pit. Cut each side in half again, creating four quarters. Scoop flesh from skin with a large spoon. Thinly slice each quarter of avocado lengthwise and fan pieces onto four plates. Top avocado slices with about 1 cup salad and serve.

NUTRIENTS per 1½ tbsp vinaigrette, 1 cup salad and ¼ avocado:

CALORIES: 250
TOTAL FAT: 15 g
CARBS: 29 g
PROTEIN: 5 g
SUGARS: 14 g

FIBER: 13 g
SAT. FAT: 2 g
SODIUM: 180 mg
CHOLESTEROL: 0 mg