



Elliott Evans Nutrition, LLC
Prevent and Protect
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PINK GRAPEFRUIT AND AVOCADO SALAD

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Serves 4

- ½ cup halved and very thinly sliced red onion
- 1 large lemon
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 3 small red or pink grapefruit
- 1 large ripe avocado
- 1/3 cup fresh pomegranate seeds
- 4 large fresh basil leaves
- 8 small leaves Boston lettuce

- Place onion in a small bowl of cold water to soak. Set aside.
- Finely grate 1 teaspoon lemon zest and squeeze 2 tablespoons of juice from lemon. Whisk the zest and juice, oil, salt and pepper in a large bowl.
- Peel grapefruit with a sharp knife, removing all peel and white pith. Working over a medium bowl, cut the segments from the surrounding membranes and let them drop into the bowl. Squeeze the peels and membranes over the bowl to extract all the juice before discarding them. Halve, peel, and pit avocado. Cut lengthwise into ¼-inch-thick slices, then cut the slices in half. Gently stir the avocado and pomegranate seeds into the grapefruit mixture.
- Finely slice basil and drain the onion; gently stir into the grapefruit mixture. Arrange lettuce leaves on 4 salad plates, top with the grapefruit mixture and serve immediately.