

Kale and Pink Grapefruit Salad

Ingredients

1 Pink Grapefruit
2 T Olive Oil
8 c Kale (thinly sliced)
1 Avocado
0 ds Salt
0 ds Ground Black Pepper

Instructions

1. Using a sharp knife, cut peel and white pith from grapefruit; discard. Working over a small bowl, cut between membranes to release segments into bowl. Squeeze juice from membranes into another small bowl; add any accumulated juices from bowl with segments (there should be about 1/4 cup juice total).

2. Whisk oil into juice and season to taste with salt and pepper.

3. Place kale in a large bowl and drizzle 3 tablespoons dressing over. Toss to combine and let stand for 10 minutes while kale wilts slightly. Toss once more, then arrange grapefruit segments and avocado slices over kale. Drizzle with remaining dressing and serve.

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