



Avocado, Grapefruit, Fennel & Arugula Salad

Source: Kim Rush Lynch, Cultivating Health – inspired by a recipe from The Kitchn

Servings: 4–6 servings

Ingredients:

- 1 medium ruby red or pink grapefruit peel and pith removed, cut into segments
- 1 teaspoon toasted sesame oil
- 1 teaspoon extra virgin olive oil
- 1 teaspoon maple syrup
- Freshly ground pepper (white or black)
- Sea salt
- 1 fennel bulb, thinly sliced
- 2 cups pea shoots (optional)
- 1 avocado, sliced
- 4 cups baby arugula

Directions:

1. Segment the grapefruit over a bowl to catch any juices and squeeze excess juice from the membranes.
2. Use 1/4 cup of this juice for the dressing, whisking it with the olive oil, sesame oil, maple syrup, a pinch of pepper (about 2 ground peppercorns or 1/16 teaspoon), and a pinch of sea salt. Taste and adjust seasonings, if desired.
3. Gently toss the fennel and pea shoots (if you have them) in half of the dressing. Arrange on two plates, top with the grapefruit and avocado, and drizzle the remaining dressing over the fruit.