

WINTER CITRUS SALAD

YIELDS:
6 servings

PREP TIME:
20 minutes

INGREDIENTS

- 1 butter lettuce
- 1 bunch kale
- 2 oranges
- 2 grapefruit
- ½ red onion, very thinly sliced
- 1 avocado, sliced
- ½ cup almonds, chopped
- 2 tablespoons chopped parsley leaves
- 2 lemons, juiced
- 1 teaspoon Dijon
- 2 teaspoons honey
- ½ cup olive oil
- Salt and pepper

DIRECTIONS

1. Remove the thick stems from the kale and chop into 1-inch pieces. Add the kale to a large bowl and sprinkle with salt. Massage the salt into the kale until soft and bright green.
2. Tear the butter lettuce into bite sized pieces and add it to the kale.
3. Use a sharp knife to peel the rind and the pith off the oranges and grapefruit. Carefully cut out the segments of citrus in between the membranes. Add them to the bowl with the lettuces. Add the onion, avocado, almonds, and parsley.
4. In a small bowl, whisk together the lemon, Dijon, and honey. Slowly whisk in the oil. Toss the dressing with the salad to serve.