



From Charlotte's Kitchen

“This past Christmas our employees joined together and gave Bill and me the “Fruit of the Month Club” from Harry & David. It’s been a real treat! So far, we’ve received HoneyBell’s in January; February was Riviera Pears and March- Royal Grapefruit. What’s really nice is the recipe that’s included each month along with the fresh fruit. Since I love avocado and arugula I thought you might enjoy this salad too! Bon Appetite!”

~ Charlotte

Avocado Grapefruit Salad

For the dressing:

¼ cup fresh squeezed lemon juice
2 tsp. Dijon mustard
½ tsp. sea salt
1 tsp. freshly ground pepper
½ cup olive oil

Whisk together the first four ingredients. Gradually whisk in the olive oil.

For the Salad:

8 oz. baby arugula (green lettuce, or a combination)
1 large, firm avocado, peeled and sliced
1 bulb fennel, thinly shaved
1 grapefruit, peeled, sectioned and membranes removed

Gently tear the greens into bite sized pieces. Arrange on four chilled plates. Alternate slices of avocado and grapefruit sections on greens. Top with shaved fennel and drizzle the dressing generously over the salad. Serves 4.

ENJOY!

