

LOVE THY CARROT

real food made with love

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GRAPEFRUIT AND RADICCHIO SALAD

SERVES 6 AS AN APPETIZER OR SIDE DISH

INGREDIENTS FOR THE SALAD

2 heads of radicchio, sliced lengthwise

4 medium pink grapefruits, peeled and sliced any way you like

4 green onions, chopped

a big handful of fresh mint or basil, or both

2 tbsp pumpkin seeds, lightly toasted

2 tbsp sunflower seeds, lightly toasted

1/2 tsp salt

freshly ground black pepper, to taste

INGREDIENTS FOR THE DRESSING

3 tbsp olive oil

1 tbsp maple syrup or honey

1 tsp dijon mustard

1 tbsp grapefruit juice, or more to taste

DIRECTIONS

1. Combine all salad ingredients in a large bowl.
2. Mix together the dressing, taste and adjust seasoning, then drizzle over salad.
3. Toss and serve.

COOKS NOTES

- Can be prepared for up to 30 minutes before serving.
- Delicious with goat of feta cheese crumbled on top.