

Sweet Grapefruit Salad (June 2007)

Serves 4 | Prep time: 7 minutes

6 cups mixed greens
1 large pink grapefruit
1 large avocado
1 can hearts of palm
¼ cup candied pecans

Dressing

3 tablespoons olive oil
3 tablespoons lemon juice
1.5 tablespoon maple syrup/honey
¾ teaspoon salt

1. Candy pecans by adding 1T of maple syrup and pecans to a small skillet on medium heat.
2. Stir often until all maple syrup has crystallized. Let cool.
3. Cut grapefruit, avocado and hearts of palm into ½ inch cubes.
4. Mix in a large bowl with greens and pumpkin seeds.
5. Mix dressing in a small jar or measuring cup. Drizzle over salad and toss.

This can easily be upgraded to a meal by adding poached salmon or sliced grilled chicken to each serving.