

Avocado and Grapefruit Salad



Ingredients:

- 4 large red grapefruit, peeled and sectioned
- 4 avocados, pitted and sliced
- 1/4 red onion, thinly sliced
- 1/3 cup orange juice
- 1/3 cup olive oil
- 3 tablespoons lime juice
- salt and pepper to taste

Directions:

1. In a serving dish, arrange grapefruit sections, avocado slices, and red onion.
2. In a small bowl, mix orange juice, olive oil, lime juice until well combined.
3. Evenly pour dressing over the salad.
4. Season to taste with salt and pepper.

Makes 8 servings.



Tarrant County Public Health
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