



# Catholic Health Initiatives

*Imagine better health.®*

## **Red Grapefruit, Goat Cheese and Mesclun Salad\***

*Serves 4*

*Prep time:*

*Approximately 20 minutes*

### **Ingredients:**

- 5 cups fresh mixed baby greens, mesclun variety
- 2 medium grapefruits, peeled, sectioned
- 1 medium avocado, quartered, peeled and sliced
- 2 cups endive, Belgian variety, cut crosswise in ½-inch pieces
- ½ medium uncooked red onion, thinly sliced
- 3 oz. semisoft goat cheese, herb variety, crumbled
- 5 tsp. olive oil, extra-virgin
- 3 tbsp. grapefruit juice
- 2 tsp. Dijon Mustard
- 1 clove garlic, crushed
- ½ tsp. low sodium soy sauce
- ½ tsp. table salt
- ⅛ tsp. black pepper

### **Directions:**

Divide mesclun, grapefruit, avocado, endive, red onion and goat cheese among 4 dinner plates. Combine oil, juice, mustard, garlic, soy sauce, salt and pepper in a small jar. Screw on the lid and shake until well combined. Remove garlic and drizzle dressing over salad. Yields about 2½ cups salad and 4 tsp. dressing per serving.

*\*8 SmartPoints*



*Tasty Entertaining*

*Harvest of the Month*

*grapefruit*