

Grapefruit & Avocado Salad

From the blog For Love of the Table

The Vinaigrette:

Juice of 1 ruby red grapefruit, strained (about 1/2 c.)
2 T. golden or white Balsamic vinegar
1 t. Dijon mustard
2 T. freshly squeezed lemon juice
1/2 t. kosher salt
1/4 c. vegetable oil
1/4 c. olive oil

Place the grapefruit juice in a small saucepan and reduce slowly over low heat until syrupy—you should have about 1 T.

Put the reduced juice, vinegar, mustard, lemon juice and salt into a small bowl; whisk until smooth. Add the oil in a thin stream, whisking steadily, to form an emulsion. Taste and correct the seasoning and balance. Makes about 3/4 cup dressing.

The Salad:

1/4 c. raw shelled pistachios
1 small shallot (1 oz.)
2 to 3 ruby red grapefruits
2 handfuls (about 2 oz.) arugula
1 small watermelon radish (about 2 1/2 oz., trimmed)
1 avocado
1 T. minced Italian flat leaf parsley
1/4 c. (more or less) vinaigrette

Place the pistachios in a small baking dish/tray and place in a preheated 350° oven. Toast until just fragrant (don't let them get brown)...about 5 minutes. Let cool. When cool enough to handle. Chop coarsely and return them to their pan. Drizzle with a tiny amount of olive oil and season with salt. Set aside.

Peel and trim the shallot. Using a mandoline, thinly shave the shallot cross-wise. Place the shaved shallots in a small bowl and cover with very cold water while you prepare the remaining ingredients.

Prepare the grapefruit: One by one, cut the stem and blossom ends from the fruit. Place each fruit cut side down on the cutting board and following the contour of the fruit with your knife, remove the peel and cottony pith—working from top to bottom, and rotating the fruit as you go. When the fruits are all peeled, hold them one by one over a bowl, and carefully slice between the membranes and the fruit to release the segments. When all of the segments have been released,

squeeze the membrane over a glass to release the juices. Pour any of the accumulated juices in the work bowl into the glass. (You will not need the juices for this salad, but they make a refreshing drink!)

Place the salad greens in a medium sized bowl. Using a mandoline, thinly shave the radish into the bowl with the greens. Drain the shallots and spread on a paper towel. Press another paper towel on top of the shallots to blot them dry. Add the shallots to the bowl with the greens and radishes.

Halve the avocado and remove the pit. Scoop each half from the skin with a large spoon in one swoop. Place the avocado halved cut side down on the cutting board and slice thickly (1/2-inch or slightly more) crosswise. Add the avocados to the bowl with the grapefruit segments. Add the parsley. Season with salt and pepper and drizzle in enough of the vinaigrette to coat the fruits generously (about 2 T.). Toss to combine.

Season the greens with salt and pepper. Drizzle the vinaigrette sparingly (less than a tablespoon) over the greens and toss. If necessary, add more vinaigrette and toss again. You want the greens and radishes to be lightly coated, but not weighed down.

Spread half of the greens on a platter or individual serving plates. Arrange half of the avocado/grapefruit mix over the greens. Scatter half of the pistachios over the fruit. Repeat these layers once, using all but a small amount of the greens. To finish, add the small amount of remaining greens and drizzle over any of the vinaigrette remaining in the avocado/grapefruit bowl. Serve right away.

Serves 2 for a light lunch or 4 as a first course.

Notes:

- I have called for raw pistachios because this is what I keep on hand. If you have roasted, salted pistachios on hand, by all means use them. No need to toast, oil and salt. Simply chop them coarsely.
- If you can't find watermelon radishes, just use 2 or 3 small red or pink radishes.
- While I was testing this salad, I had some sunflower shoots/microgreens from a local grower on hand. I substituted some of these for a fourth of the arugula. They were a perfect addition and if you can get them I would encourage you to try them.
- If you like, substitute a mix of citrus for the grapefruit. One grapefruit combined with one Cara cara orange and one blood orange is particularly nice.

<http://www.forloveofthetable.com/2019/01/avocado-grapefruit-salada-splash-of.html>

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