

Avocado Grapefruit Salad

4 Cups Romaine Lettuce
2 Grapefruit
1 Avocado
1 Cup Sugar
1 Cup Walnuts
1/4 C. Grapefruit Juice
1/4 C. Sugar
1/4 tsp. Salt
1/4 tsp. Ground Mustard
1/2 C. Vegetable/Canola Oil

1. Cut up heads of Romaine lettuce into small pieces.
2. Peel and segment the grapefruit.
3. Cut avocado into small pieces.
4. Place grapefruit sections and avocado on the lettuce.
5. Chop the walnuts so they are in thirds. You want pieces that are about the size of a green pea.
6. Heat the cup of sugar on high in a frying pan.
7. Stir occasionally.
8. As the sugar begins to brown, stir constantly.
9. Stir until all the sugar is melted.
10. Turn off the heat and add the nuts.
11. Stir until all the nuts are covered with sugar.
12. Pour onto a heat resistant plate or dish.
13. Squeeze leftover grapefruit into a measuring cup.
14. Add the same amount of sugar. Add the salt and ground mustard.
15. Mix well. Put everything in a container with a lid and add the oil. Put the lid on and shake well.
16. Dress the salad and toss.
17. Break nuts apart and sprinkle on the salad.