

CRAB SALAD WITH GRAPEFRUIT, AVOCADO, AND BABY GREENS

This is a wonderful “ladies who lunch” salad. Sections of pink grapefruit and wedges of lush avocado surround a mound of lightly dressed crabmeat. It couldn’t be more “taste-full.”

SERVES 2 / PREP TIME: 30 MINUTES OR LESS / TOTAL TIME: 30 MINUTES OR LESS

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| 1 pink or ruby red grapefruit | 1 tablespoon chopped fresh chives plus additional for garnish |
| 2 tablespoons extra-virgin olive oil | Salt and freshly ground black pepper |
| 1 tablespoon fresh lemon juice | 1/2 avocado, sliced |
| 1/4 teaspoon granulated sugar | 4 cups (or 6.5-ounce bag) cut baby Bibb or Boston lettuce |
| 1/2 pound fresh crabmeat, picked over for cartilage | |
| 2 tablespoons chopped fresh Italian parsley | |

Peel and segment grapefruit over a bowl to catch juice. Reserve 1 tablespoon juice and grapefruit pieces separately.

In a bowl, combine oil, lemon juice, sugar, and reserved grapefruit juice.

In a bowl, combine crabmeat, parsley, and chives. Add 1 1/2 tablespoons dressing and toss to combine. Season with salt and pepper.

Combine lettuce with the remaining dressing. Divide on individual plates. Add a scoop of crabmeat salad and surround with grapefruit segments and avocado slices.

Grapefruit is not only loaded with vitamin C, but red varieties also contain the antioxidant lycopene.

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To easily section the grapefruit, use a paring knife to cut the top and bottom so it can sit upright. Cut off the rind and pith in long downward slices. Carefully cut the sections free, following the natural guide of the fruit.

Per Serving	
Calories	345
Calories from Fat	180
Total Fat	20.0 g
Saturated Fat	2.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	13.9 g
Cholesterol	65 mg
Sodium	360 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Sugars	11 g
Protein	23 g