

Grapefruit, Avocado and Spinach Salad in fruity Vinaigrette

700g Fresh spinach

3 Red grapefruit

2 Ripe avocados

Grapefruit Vinaigrette

½ cup Corn oil

Juice of 1 Grapefruit

Juice of 1 Lemon (or equivalent Jif)

Juice of 1 Orange

Little Salt; to taste

1 teaspoon Sugar

2 tablespoons of Cider or Champagne vinegar

METHOD

Remove stems from spinach. Wash spinach thoroughly and dry. Tear leaves into bite-size pieces. Wrap gently in paper towels and refrigerate in zip-lock or plastic bags until ready to toss salad.

Peel and section grapefruit.

Slice avocados into quarters, then cut each slice into two inch chunks.

At serving time, toss spinach with vinaigrette.

Add grapefruit and avocados and gently toss again.

Or, arrange grapefruit and avocado slices decoratively on bed of dressed spinach on individual serving plates.

Pass additional dressing, if desired.

Grapefruit Vinaigrette

Place the grapefruit juice, the lemon juice, the orange juice and the sugar into a small sauce pan over medium heat. Reduce to about 2 tablespoons. Transfer to a glass bowl and add the champagne vinegar and oil. Add salt to taste. Makes about 1 large cup.