

# AvoCitrus Salad

## Ingredients:

- 2 tablespoons honey
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and freshly ground pepper
- 3 tablespoons walnuts
- 2 red grapefruits
- 2 navel oranges
- 2 heads frisée lettuce, center leaves only,  
torn into pieces
- 2 Index Fresh® avocados, cut into 1-inch cubes
- 2 ounces fresh goat cheese, crumbled



Method: In a small bowl, whisk the honey with the lime juice, oil, and vinegar. Salt and pepper. Using a sharp knife, peel the grapefruits and oranges, being sure to remove all of the bitter white pith. Working over a large bowl, cut in between the membranes to release the sections. Reserve the grapefruit and orange juices for another use. Pat the citrus sections dry with paper towels and return them to the bowl. In a large bowl or plate, toss the frisée. Add the avocados, goat cheese and walnuts to the bowl and toss gently. Add the honey dressing and toss again.

Serve immediately.