



Citrus Salad Bowls

INGREDIENTS

(makes approx. 10 servings)

Salad

3 heads of Boston lettuce, leaves carefully separated
3-4 red grapefruits, segmented
4 oranges, segmented
3 avocados, cubed
4 Persian cucumbers or 1 English cucumber, sliced
1 c fennel, shaved
1/2 red onion, thinly sliced
2-3 Scallion, thinly sliced

Dressing

1/4 c chives, chopped
Fennel fronds, chopped
1/3 c Juice of grapefruit & orange
1/2 c Olive oil
Salt, pepper

INSTRUCTIONS

1. Cut the cores from the lettuce so the leaves can be separated and kept whole. Wash and set aside to let dry. (These can be prepped the day before, just make sure they are dry. Then store them with a slightly damp paper towel and place them in a container or plastic bag in the fridge.)
2. Segment the citrus fruits, collecting all their juices and reserving for the dressing.
3. Shave, slice and dice up the remaining salad ingredients and combine them in a bowl.
4. In a separate bowl, combine the citrus juices, chives, oil, salt, pepper and some of the fennel fronds. Whisk together. Since this will be individually plated and not all tossed in a bowl, I recommend combining all elements minus the lettuce and the citrus and lightly dress these items, reserving some of the dressing to drizzle and finish off each plate.
5. To prepare the individual plates, place 2-3 full lettuce leaves in a bowl like shape on the plates. Then add several pieces of grapefruit, orange and avocado to each plate. Top with the sliced mixture and drizzle the remaining dressing over each salad topping with some of the fronds. Serve immediately.

*Note: Most of the prep work can be done ahead of time, even the day before. Simply store each item in separate plastic bags or containers. The only item that cannot be cut prior is the avocado as it will brown.