

Kale, Avocado & Grapefruit salad

Senegal Cookbook

Ingredients:

- 10 oz baby kale
- 2 avocados, thinly sliced
- 2 cups grapefruit segments, membranes reserved
- 1 red onion, thinly sliced
- 2 tsp Dijon mustard
- 2 garlic cloves, minced
- fine sea salt and freshly ground black pepper
- 1/2 cup extra virgin olive oil
- 1 cup toasted unsalted cashew nuts, coarsely chopped

Directions:

1. place the kale, avocado, grapefruit segments, and red onion in a large bowl and gently toss
2. In a bowl, squeeze all the juice out of the membranes of the grapefruit. Add the mustard, garlic, and salt and pepper to taste and whisk well. Slowly add the oil, whisking constantly to emulsify
3. To serve, fold the dressing into the salad. Top with the cashews.



NOTE: Citrus segments without the peel and membrane are called supremes (a French culinary term). To supreme the grapefruit (or any other citrus fruit), first slice 1/4" - 1/2" off the top and bottom. Place the fruit on its bottom and, from the top down, begin to pare away the peel and pith, following the curve and leaving as much fruit flesh as possible. Once all the peel and pith are gone, remove the segments by slicing into the flesh close to either side of the membranes, working all around the fruit. When removing the segments, hold the fruit over a bowl to catch any juices. In this case, save the remains to squeeze into the dressing for the salad.

