

# GRAPEFRUIT & CARMELIZED ONION SALAD

## INGREDIENTS

- 2 Onions (red onions give the salad a nice color) (Sliced)
- 3 T Olive oil
- 1 T Balsamic vinegar (might need more)
- 1/4 t Kosher salt
- 1/4 t Ground black pepper



## COOKING INSTRUCTIONS FOR CARMELIZED ONIONS

- 1 In a large saute pan, heat the olive oil on medium heat
- 2 Add onions & balsamic vinegar & mix so they'll be covered by the balsamic vinegar
- 3 Stir frequently
- 4 Onions are done when golden brown

## SALAD INGREDIENTS

- 2 Grapefruit (pink)
- 1 Romaine Lettuce head (thinly sliced)
- 1 Large Fennel bulb (trimmed) (thinly sliced)
- 1 Cucumber (peeled) (seeds removed) (thinly sliced)
- 3 Scallions (finely sliced)
- 1 T Thyme Leaves (fresh) (chopped) **OR** dry

## SALAD DIRECTIONS

- 1 Peel & trim the ends from each grapefruit
- 2 Using a paring knife, cut along the membrane on both sides of each segment
- 3 Free the segments & add them to a bowl
- 4 Add the remaining ingredients & toss gently
- 5 Pour the dressing over the salad & toss until all the ingredients are coated.
- 6 Mix in the caramelized onions but leave the plenty to decorate the top of your salad

**Scroll to Page 2 for the DRESSING RECIPE**



# GRAPEFRUIT & CARMELIZED ONION SALAD

## DRESSING INGREDIENTS

- 2 T** Red wine vinegar (or substitute)
- 2 T** Lemon juice
- 1 t** Honey
- 1/4 C** Olive oil
- Salt & Pepper to taste

## DRESSING DIRECTIONS

- 1** Whisk together the red wine vinegar, lemon juice & honey
- 2** Slowly whisk in the olive oil until blended
- 3** Season with salt & pepper to taste