

Simple Grapefruit Salad

Makes: 2 servings



Total Time: 5 minutes

Ingredients:

1 ruby red grapefruit, peel and white pith removed
2 Tbsp. any mild or medium D'Avolio's Extra Virgin Olive Oil
Pinch Artisanal Salt Company Fleur de Sel
Fresh mint, chopped (optional)

PREPARATION

1. **Slice grapefruit** crosswise into rounds about a half inch thick. Arrange slices on serving platter. Drizzle grapefruit slices with D'Avolio's Extra Virgin Olive Oil and sprinkle a few flakes of Artisanal Salt Company Fleur de Sel on each slice. Garnish with fresh mint (optional) and serve immediately.

Alternately, drizzle grapefruit with D'Avolio's Blood Orange Olive Oil, or Milanese Gremolata Olive Oil.

Nutrition: 170 calories; 14g fat (2g saturated); 13g carbohydrates; 1g protein; 2g fiber; 100mg sodium