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Baby Greens with Grapefruit and Red Onion

2 small grapefruits, one red, one white
4 tablespoons extra virgin olive oil
1/4 teaspoon dry mustard
1 1/2 teaspoons fresh cilantro, chopped
salt and pepper
10 ounces mixed baby greens
1/2 small red onion, thinly sliced (about 1/2 cup))

To section grapefruit: Cut off the top and bottom of each grapefruit slightly, so they can stand upright on a cutting board. Using a sharp chef's knife, peel grapefruit skin off going from top to bottom, and circling the entire fruit, making sure to leave very little white pith behind. Using a smaller paring knife, cut out each segment from the white membrane. Squeeze out any remaining juice from fruit when done, and reserve 1 tablespoons juice for dressing. Add reserved grapefruit juice to a mixing bowl. Add mustard. Slowly drizzle in olive oil, whisking well, until well-combined. Stir in cilantro, and add salt and pepper to taste. Add greens and toss gently with grapefruit sections, red onion and salad dressing.