

RECIPE: Caramelized Grapefruit, Avocado, and Watercress Salad

CONDIMENTS & OIL

Extra virgin olive oil, 3.5 fl oz.

Red wine vinegar, 0.33 fl oz.

Dijon mustard, 0.09 oz.

FRUITS

Avocado (large), 2

Grapefruit (large), 4

SPICES & SEASONINGS

Sea salt, 0.11 oz

White pepper, to taste

VEGETABLES

Garlic clove (small), 1

Watercress, 2 bunch

Fresh mint, 0.2 oz.

MISCELLANEOUS

Organic raw cane sugar, 0.5 cup