

**Baby Spinach, Avocado, and Grapefruit Salad  
with Balsamic Vinaigrette**

Yield: 10 servings Preparation time: 15 minutes

**Ingredients**

12oz baby spinach  
2 medium avocados, sliced  
3 grapefruits, cut into segments  
2oz red wine vinegar  
2oz balsamic vinegar  
1 teaspoon Dijon mustard  
½ teaspoon sugar  
12oz olive oil  
Salt and pepper



**Instructions**

1. Combine the vinegars, mustard, salt, pepper, and sugar in a small bowl.
2. Gradually whisk in the oil a little at a time until the dressing is emulsified.
3. In a larger bowl, add the spinach, avocado, and grapefruit segments. Drizzle the balsamic dressing and toss. Season with salt and pepper.