



Fennel & Grapefruit Salad With Poppy Seed Vinaigrette

Chef Trey Quinlan, founder Trey Bistro | Serves 6

Ingredients

Vinaigrette

Juice of 2 limes

Juice of 1 grapefruit

3 tablespoons red wine vinegar

¼ teaspoon salt

¼ teaspoon sugar

1 teaspoon poppy seeds

¼ cup olive oil

Salad

4 ruby red grapefruits, rind removed and segmented

½ cup toasted pine nuts

1 cup fennel, loosely packed, thinly sliced

1 cup celery, loosely packed, thinly sliced

3 cups spinach leaves, loosely packed, cleaned

2 cups arugula, loosely packed, cleaned

Directions

In a large bowl, combine ingredients for vinaigrette and whisk together. Add salad ingredients to vinaigrette bowl and toss together.