

Citrus-Avocado-Baby Arugula Salad with Warm Meyer Lemon Olive Oil

A bright salad featuring seasonal citrus

SERVES: 4
PREP TIME: 10 minutes
TOTAL TIME: 10 minutes

INGREDIENTS

- 4 cups baby arugula
- 2 tangerines
- 1 large grapefruit, yellow or pink
- 1 avocado, ripe

Optional Accompaniment Recipe: Crab Stuffed Dumplings
Drizzled with Warm Meyer Lemon Olive Oil

- 6 Tbsp. GC Napa Valley Natural Meyer Lemon Olive Oil
- 1 tsp. GC Napa Valley Natural Lemon Finishing Sea Salt

TO PREPARE

- Clean arugula and remove stems.
- Peel, remove white pith of tangerines and cut crosswise into 1/4" thick wheels over a plate to catch any juices. Reserve juice.
- Slice both ends off grapefruit exposing the flesh. Cut crosswise into 1/4" thick wheels over a plate to catch any juices. Using kitchen shears, cut around the perimeter of each slice to remove the peel and white pith. To remove the white center 'hub', cut wheel in half. Using kitchen shears or paring knife, remove white center part from both halves. Mix any juice with the tangerine juice.
- Halve avocado, remove pit and peel. Cut into 1/4" slices, then into 1" pieces.
- If preparing salad only, put 6 Tbsp. Meyer Lemon Olive Oil in a small pan. Warm over low heat.
- If preparing salad with Crab Stuffed Dumplings Drizzled with Warm Meyer Lemon Olive Oil, increase Olive Oil (refer to recipe).

TO SERVE

Plate salad only or serve with Crab Stuffed Dumplings: Place dumplings on individual plates. Beside dumplings create salad with arugula, tangerine, grapefruit, and avocado. Drizzle salad with any reserved citrus juices. Drizzle warm Meyer Lemon Olive over salad and dumplings. Sprinkle Lemon Finishing Sea Salt on salad.

WINE PAIRING

2014 Pietro Family Cellars Sauvignon Blanc, Napa Valley

SHOPPING LIST

- 5 oz. bag baby arugula
 - 2 tangerines
 - 1 large grapefruit, yellow or pink
 - 1 avocado, ripe
- See ingredients for Optional Accompaniment Recipe: Crab Stuffed Dumplings Drizzled with Warm Meyer Lemon Olive Oil

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www.oconnellfamilywines.com

