



Avocado-Grapefruit-Mango Saladita

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Yield: 4 or 5 generous servings

Ingredients

½ cup minced red onion

2 pink grapefruits, peeled, sectioned, and sections removed from the membranes

1-2 ripe mangoes or 1 cup diced frozen mango

A touch of salt (optional)

1 teaspoon agave nectar or sugar

1 perfectly ripe avocado

Cayenne

Torn cilantro leaves (optional)

Directions

Put on a kettle of water to boil. Place the onion in a strainer over a bowl in the sink. Pour the boiling water over the onion and let it drain for at least 5 minutes.

Put the grapefruit in a medium bowl. If using fresh mango, cut the mango off its pit, peel it, and cut the flesh into small pieces. (If using frozen mango, cut the undefrosted larger cubes into small dice.) Add the mango to the grapefruit, scraping in as much of the messy, delicious mango pulp as you can retrieve from the cutting board.

Stir in the onion, along with the salt (if using) and the sweetener. Cover and refrigerate until shortly before serving.

Just before serving, pit, peel, and dice the avocado and gently stir it into the mixture. Adjust the salt, if desired, add a little cayenne to taste, and garnish with a few cilantro leaves, if desired. Serve cold.

