

# Dandelion Grapefruit Salad

A harmony of slightly bitter and slightly sour.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 8 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Dandelion greens, raw	4 cup
Grapefruit, fresh, pink or red	1 medium - 4" diameter
Scallions or spring onions, tops and bulb, raw	4 medium - 4 1/8" long
Lemon juice, fresh	1 tablespoon
Salt, sea salt	1 dash
Olive oil	1 teaspoon

## Instructions

Cut off the ends of dandelion - about one inch. Red or green dandelion can be used. Wash and slice the dandelion and place into a large bowl.

Add chopped green onion and sliced grapefruit and add to the salad bowl. I cut the grapefruit in a plate to save the juice which naturally comes out when you tear the grapefruit into segments and then cut it into pieces. I pour that juice into the salad.

To the salad add lemon juice, salt to taste and a bit of olive oil, though the oil is optional. Toss and serve.