

SMILE

Before you criticize someone, walk a mile in their shoes. Then when you do criticize them, you'll be a mile away and you'll have their shoes.

## AVOCADO AND GRAPEFRUIT SALAD WITH LIME VINAIGRETTE

### Lime Vinaigrette:

**1/4 cup (60 mL) freshly squeezed lime juice**

**1 Tbsp. (15 mL) liquid honey**

**1/4 tsp. (1 mL) crushed red pepper flakes**

**1/4 tsp. (1 mL) dry mustard**

**1/4 cup (60 mL) sugar**

**1/2 cup (125 mL) vegetable oil**

**salt and freshly ground pepper**

**1 head red leaf lettuce**

**2 avocados, sliced into 1" (2.5 cm) pieces**

**1 large red grapefruit, peeled and pith removed, sliced crosswise into 1/4" (0.5 cm) pieces**

Pour lime juice and honey in blender and add pepper flakes, dry mustard and sugar. Whirl. Slowly pour in oil and whirl until thoroughly blended. Add salt and pepper to taste. Set aside in refrigerator until ready to use.

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Place salad ingredients in salad bowl. Toss with vinaigrette just before serving.

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*Great with fish or fowl.*  
*Serves 6-8.*