



## Grapefruit Basil Niçoise Salad

By Dylan Sabuco

**Prep Time** 20 / **Cook Time** 0 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**emulsify:** to convert two or more liquids into an emulsion. What is an emulsion, you ask? It is a fine dispersion of teeny tiny droplets of one liquid into another. It's what allows oil and vinegar to mix and not separate.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**toss:** to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

### Equipment

- ☐ Small mixing bowl
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Large mixing bowl
- ☐ Cutting board + kid-safe knife
- ☐ Dry measuring cups

☐ Wooden spoon

## Ingredients

### Grapefruit Basil Niçoise Salad

- ☐ 3 T olive oil
- ☐ 1 tsp dijon mustard
- ☐ 1 grapefruit, zested and juiced
- ☐ 1 tsp sugar (or honey)
- ☐ salt and pepper, to taste
- ☐ 3 C romaine lettuce, chopped
- ☐ 1/2 C Kalamata or black olives, chopped
- ☐ 10 basil leaves, ripped
- ☐ Additional ingredients (choose one or more):
- ☐ 1/2 C green beans, chopped
- ☐ 1/2 C cannellini beans
- ☐ 1/2 C cherry tomatoes, chopped
- ☐ 1/2 C artichoke hearts, canned or brined
- ☐ 1 cucumber, diced

## Food Allergen Substitutions

### Grapefruit Basil Niçoise Salad

## Instructions

### Grapefruit Basil Niçoise Salad

vinaigrette: combine + whisk + emulsify

Combine **3 tablespoons olive oil**, **1 teaspoon Dijon mustard**, half the juice of **1 grapefruit** (reserve the rest in your pitcher for the drink later), **1 teaspoon sugar**, and salt and pepper to taste in a mixing bowl and begin whisking. Whisk until smooth and completely mixed. (Tip: Whisking oil and grapefruit juice together will create a semi-permanent emulsion, but adding Dijon mustard will hold the mixture together permanently and create a creamy texture.)

salad: chop + rip + toss

Chop **3 cups of romaine** and **1/2 cup of olives**, rip **10 basil leaves**, and add to a large mixing bowl. Add all of your additional selected ingredients, then gently toss the salad together with a wooden spoon.

drizzle + serve

Finally, drizzle the grapefruit vinaigrette over the top of the salad and serve!

## Featured Ingredient: Grapefruit!

Hi! I'm Grapefruit!

"Grapefruits are one of the larger citrus fruits. You may have eaten us with breakfast or drank our juice. Did you know you can squeeze close to a cup of juice out of one grapefruit?! It may seem like pink grapefruits are sweeter but whether we are white, pink, or red, we have the same amount of sugar!"

### History & Etymology

The grapefruit is a large, round citrus fruit that originated in Barbados, an island country in the Caribbean. It came about by accident as a natural hybrid of a sweet orange and a pomelo, the largest citrus fruit. The story is told that Captain Shaddock (or Chaddock) brought pomelo seeds to the West Indies in the 17th century and grew that fruit. Then, sometime during the middle of the 1700s, the offspring of a natural cross between a pomelo and a sweet orange developed and became known initially as "forbidden fruit." The word "grapefruit" was likely coined in the 1800s because the fruit tends to grow in clusters, similar to grapes (although much, much larger than grapes!). China produces over half of the grapefruit in the world. Vietnam, the United States, and Mexico are the next biggest producers. Florida grows the most grapefruit in the US, followed by California and Texas. The Texas red grapefruit is the state fruit of Texas. February is National Grapefruit Month!

### Anatomy

The grapefruit tree's scientific name is "*Citrus × paradisi*" (the × indicates it is a hybrid). It is a subtropical tree that grows 15 to 20 feet tall. The fruit grows in clusters. Grapefruit skin starts out green but turns yellow to yellow-orange when ripe. Grapefruit flesh has sections like lemons and oranges, and its color can be light yellow to red, depending on the variety. Its pulp contains a lot of juice.

## How to Pick, Buy, & Eat

When selecting grapefruit in the market, choose ones that are heavy for their size (juicy!) and have a uniform color. A white grapefruit's skin will be yellow, a pink grapefruit will be yellow-orange, and a red grapefruit will be orange. A more oval than round shape means the fruit is riper.

Grapefruit can taste bitter due to a flavonoid called "naringin." The riper the grapefruit, the sweeter it is. Some people add sugar to lessen the bitterness, and others add a bit of salt. Avoid eating the pith, the white tissue lining the inside of the skin, as it is always bitter.

Grapefruit and its juice are popular for breakfast. The fruit is often cut in half, and the flesh scooped out with a spoon. You can buy a special grapefruit spoon that is serrated on each side to help separate the sections.

Cooking grapefruit also lessens its bitterness. Sprinkling a little brown sugar on a grapefruit half and broiling it is a popular way to eat grapefruit.

You can add grapefruit sections to salads and its juice to vinaigrettes. You can also use grapefruit and its juice in desserts, entrees, and drinks.

## Nutrition

According to the USDA, one-half of a grapefruit contains the total amount of vitamin C your body needs in one day! It also has six grams of fiber, making it one of the highest-fiber fruits. Pink and red grapefruit have more beta-carotene than white grapefruit. Beta-carotene is an antioxidant and changes to vitamin A in our bodies.

Grapefruit and grapefruit juice interact with some medications, so it is vital to check drug interactions for a particular medicine before ingesting grapefruit or grapefruit juice. It can also affect the absorption of certain medications.