

# ruby red radicchio grapefruit salad

**Makes 4 servings**

RECIPE ADAPTED FROM: [The Washington Post](#)

PREP TIME: 10-15 minutes

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¼ cup shelled, raw pistachios  
1 head of radicchio  
¼ small red onion  
1 large red grapefruit  
1½ Tbsp avocado or extra-virgin olive oil  
1 Tbsp balsamic vinegar  
1 tsp honey  
salt and pepper, to taste

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TOAST pistachios in a small dry skillet over medium heat, tossing or stirring frequently for 3-5 minutes, or until fragrant. Remove from heat and let cool.

COARSELY chop or tear radicchio and place in a medium-sized bowl. Thinly slice red onion into rings and add to the same bowl.

USING a sharp paring knife, trim the top and bottom off the grapefruit. Stand it on one end and, cutting downward, following the curve of the fruit, remove all the rind and white pith. Hold the grapefruit over the bowl with radicchio and onion and cut eat grapefruit segment from its membrane, letting the segments drop into the bowl.

SQUEEZE any remaining juice from the grapefruit membrane into a small bowl and set aside.

MEASURE out 1 Tablespoon of the grapefruit juice and whisk together with oil, vinegar, honey, salt and pepper in a small bowl. (You can reserve the remaining juice for another use.)

POUR dressing over radicchio mixture and toss to coat.

TOP with toasted pistachios.