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Apple Mint Salad

Adapted from Tassajara Cooking
by Edward Espe Brown

2 large gala or granny smith apples, diced
1 large ruby red grapefruit, pared and diced
3-5 leaves fresh mint
1/4 cup orange juice
2 tablespoons greek yogurt
1 tablespoons honey



Directions:

In a pretty glass serving dish mix chopped apples and diced grapefruit pieces.

"Chiffonade" your fresh mint by rolling the leaves together horizontally in a roll. Then finely cut the roll into small slices, this will result in a chiffonade cut. Feelin' fancy now aren't you? Oh come on...I know you do!

Toss the chiffonaded mint into the apple and grapefruit.

In a small measuring cup mix together the orange juice, honey, and greek yogurt. Drizzle over the salad and toss to coat. Serve immediately or chill for several hours. This salad is delicious and refreshing either way!! Enjoy!

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