

## Shaved Cauliflower and Radicchio Salad

**6-8 SERVINGS** Chopped walnuts nicely complement the rich walnut oil in the dressing.

### SALAD

- ½ head of a 1-lb. cauliflower, cored, cut into florets
- ½ head of a 6-oz. radicchio, cored, quartered lengthwise
- 6 inner celery stalks with leaves
- ¼ cup thinly sliced chives
- ¼ cup flat-leaf parsley leaves
- 1 lemon

### DRESSING

- 2 tsp. Dijon mustard
- ¼ cup walnut oil
- Kosher salt, freshly ground pepper
- 1 ripe Bosc pear
- ¼ cup coarsely chopped walnuts, toasted if desired



**INGREDIENT INFO:** Walnut oil is available at some supermarkets, natural and specialty foods stores, and at [latourangelle.com](http://latourangelle.com).

**SALAD** Push cauliflower florets, then radicchio, through the feed tube of a food processor fitted with a slicing disk, or thinly slice cauliflower on a mandoline and radicchio with a knife. Mix in a large bowl.

Peel rounded side of celery with a peeler to remove strings. Remove leaves; add to bowl. Thinly slice stalks with a knife; place in bowl and add chives and parsley. Finely grate zest from whole lemon directly over the bowl to catch any citrus oil. Toss to mix well. Squeeze juice from lemon for dressing.

**DRESSING** Place 1 Tbsp. juice in a small bowl. Whisk in Dijon mustard. Gradually whisk in oil. Season with salt and pepper.

Up to 1 hour before serving, add dressing to salad; toss to coat. Season salad with salt, pepper, and more lemon juice, if desired.

Cut pear into matchstick-size pieces. Add pear and walnuts to salad; toss to combine.

CALORIES 112 FAT 9 G CARBS 6 G

## Pan-Roasted Sea Bass with Citrus and Avocado Oil

**4 SERVINGS** Delicately flavored avocado oil can lose its personality when heated; pour a touch of the oil over food just before serving.

- 2 oranges
- 2 pink grapefruits

Kosher salt, freshly ground pepper

- 4 6-oz. skinless fillets white or Mexican sea bass or grouper (about 1" thick)
- 1 Tbsp. grapeseed oil
- 1 avocado, halved, pitted, peeled, cut into wedges
- 4 Tbsp. avocado oil

**INGREDIENT INFO:** Avocado oil is sold at some supermarkets, at natural and specialty foods stores, and at [spectrumorganics.com](http://spectrumorganics.com).

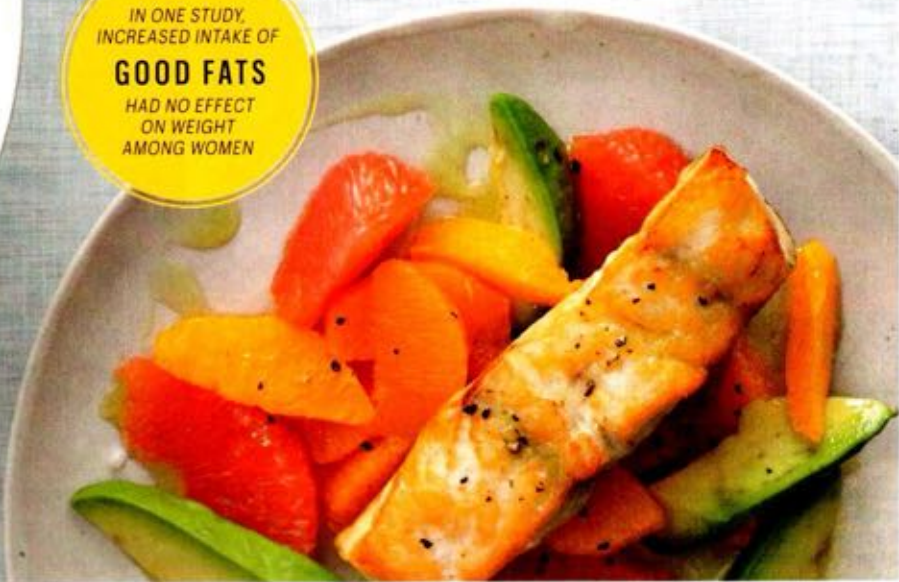
Preheat oven to 450°. Using a small sharp knife, cut off all peel and white pith from fruit. Working over a medium bowl, cut between membranes to release segments into bowl. Squeeze in juices from membranes; discard membranes. Drain fruit, reserving ½ cup juices. Return segments and juices to bowl. Season with salt and pepper.

Pat fish dry. Season with salt and pepper. Heat a large heavy ovenproof skillet over high heat. Add grapeseed oil. Add fish; cook without moving, occasionally pressing fish gently with a spatula to keep all of surface in contact with pan, until fish is golden brown and releases easily from pan, 4-5 minutes.

Turn fish, transfer to oven, and roast until just opaque in the center, 3-5 minutes.

Place fruit and avocado on plates. Top with fillets. Spoon 2 Tbsp. citrus juices over fruit on each plate. Drizzle 1 Tbsp. avocado oil over fish and fruit. CALORIES 415 FAT 25 G CARBS 13 G

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ON WEIGHT  
AMONG WOMEN



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