

- 1 tablespoon mustard seeds
- ¼ cup champagne or white wine vinegar
- 1 ½ teaspoon Dijon mustard
- 1 teaspoon honey
- 3 tablespoons extra-virgin olive oil
- 1/3 cup canola oil
- Salt and freshly ground pepper, to taste
- 2 heads Bibb lettuce, torn into 2-inch pieces
- 8 ounces fresh-cooked crabmeat, chilled
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon chopped fresh chives
- 1 large grapefruit, peeled and segmented
- 1 avocado, peeled, pitted and sliced

In a small nonreactive saucepan over medium heat, lightly toast mustard seeds, about 1 minute. Remove from heat, stir in vinegar and whisk in Dijon mustard and honey until blended. Slowly whisk in olive and canola oils. Season with salt and pepper. In a bowl, toss lettuce with half the vinaigrette. Divide among 4 individual salad bowls. In a separate bowl, toss crab, parsley and chives with 3 tablespoons vinaigrette. Divide crab among salads and garnish with grapefruit and avocado.

Serves 4.