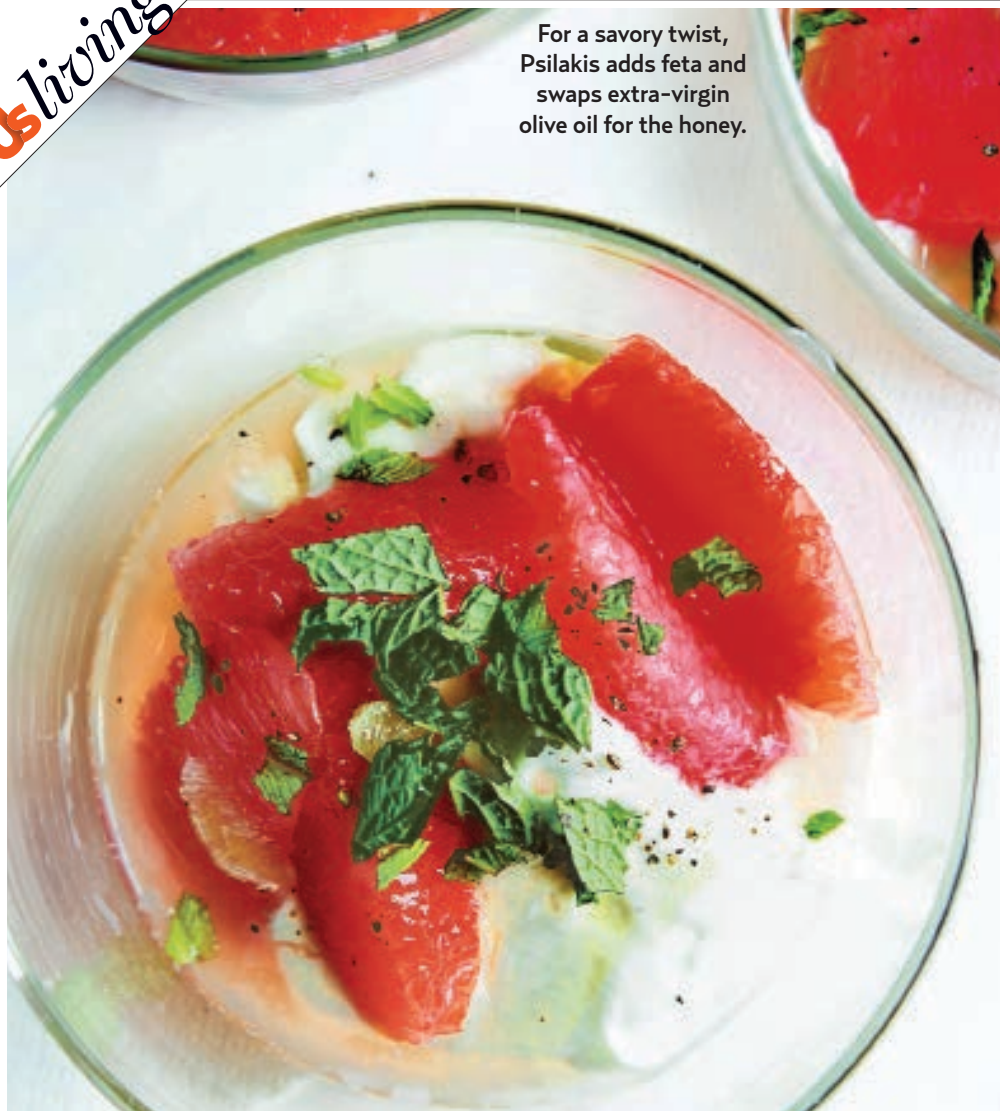


For a savory twist, Psilakis adds feta and swaps extra-virgin olive oil for the honey.



Citrus Salad With Greek Yogurt

SERVES 4

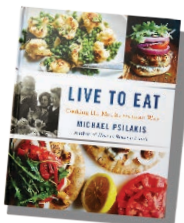
- 1 ruby red grapefruit, segmented, with its juices
- 1 Cara Cara or other navel orange, segmented, with its juices
- 1 key lime, segmented, with its juices
- 16 ounces Greek yogurt
- Sea salt
- Fresh ground black pepper
- 1 tbsp honey
- 8 mint leaves, roughly chopped

- 1 Combine the grapefruit, orange and lime segments and their juices in a bowl.
- 2 Spoon the yogurt into each of 4 dessert bowls. Divide the citrus mixture and juice among them and season with salt and pepper.
- 3 Drizzle the honey on top and garnish with the mint.

FRUIT WITH PUNCH

Chef **Michael Psilakis** capitalizes on peak seasonal citrus with this healthy sundae riff

➔ Growing up Greek, Food Network regular **Michael Psilakis** ate a Mediterranean diet. But as an adult, juggling work and family often meant scrapping the seafood- and produce-centric meals for faster, less nutritious options. So he started prepping staples, such as roasted tomatoes and garlic confit, on Sundays and weaving them into quick dishes during the week. The Kefi chef's success inspired his new cookbook, *Live to Eat*. One trick: Amp up Greek yogurt with precut slices of tangy citrus. Says the *New Yorker*, "Using two or three types ensures a balance of sweet and bitter."



Psilakis' approach helped him drop five belt notches in about three months.