



AVOCADO AND ORANGE SALAD

Fresh and tasty!

Make a Meal: Serve with Warm Green Bean Salad with Red Onion and Mint.

Dressing

3 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar
1 small garlic clove, minced
Salt and freshly ground black pepper

Salad

1 ripe avocado, peeled, seeded, cut into thin wedges
1 seedless orange, peel and white pith removed, cut into sections
2 cups packed torn chicory or curly endive
1/4 small red onion, cut into thin slivers

1. For the dressing: In a large bowl combine the olive oil, red wine vinegar, garlic, salt and pepper and whisk until blended.

2. Add the avocado, orange sections, chicory or endive and red onion. Toss to blend. Serve at once.