

Spanish Orange and Avocado Salad



Preparation
20 mins

In Spain, this delightfully refreshing salad is eaten during the winter months, when tomatoes are not at their prime, but I recommend serving it on a hot summer day. The use of avocado is a Mexican influence on Spanish cuisine.

Ingredients (8 servings)

Item	Quantity	✓
Dressing		
Extra virgin olive oil	45 ml / 3 tbsp	
Sherry vinegar	15 ml / 1 tbsp	
Freshly squeezed lemon juice	7 ml / 1½ tsp	
Grainy Dijon mustard	5 ml / 1 tsp	
Salt	1 ml / ¼ tsp	
Salad		
Head of romaine lettuce, finely chopped (green part only)	½ / 4 cups	
Large navel / Valencia oranges (cut into ½ -inch / 1 cm thick slices)	4	
Large avocados, thinly sliced	2	
Roasted bell pepper, julienned	1	
Thinly sliced red onion	250 ml / 1 cup	
Finely chopped fresh mint	30 ml / 2 tbsp	

Nutritional Info

Calories	175
Fat, total	10 g
Fat, saturated	1.4 g
Cholesterol	0 mg
Sodium	96 mg
Carbohydrate	23 g
Fibre	6 g
Protein	3 g

Preparation

1. Dressing: In a small bowl, whisk together oil, vinegar, lemon juice, mustard and salt.
2. Salad: Arrange lettuce on a large platter. Arrange oranges decoratively on top, then avocados, roasted peppers and onion.
3. Just before serving, drizzle dressing over salad and sprinkle with mint.

Recipe by Sobia Khan, Professor of Food and Nutrition and Registered Dietitian