

ORANGE AVOCADO SALAD

comments

Great served with grilled meat.

notes

Sometimes red onions are too "hot" for my taste, and I leave them out.

prepare in advance

Ingredients

Measure

1/2 C orange juice
 1/4 C vegetable oil
 2 T red wine vinegar
 1 T sugar
 1/4 tsp. salt

Grate

1 tsp. orange peel

Wash drain well

1 medium head iceberg lettuce
 2 C red leaf lettuce

Peel and slice

1 medium , ripe avocado dipped in
 1/4 C orange juice; discard juice

Drain

1 11-oz. can mandarin oranges

Thinly slice into rings

1 small or 1/2 medium red onion

Optional: slice

1 cucumber

complete recipe

Make dressing:

Combine and shake well the orange juice, oil, vinegar, sugar, orange peel and salt.

Just before serving tear iceberg and red lettuce and arrange on plates or in bowls.

Place the avocado, onion rings, and Mandarin oranges decoratively around.

Place the optional sliced cucumber around.

Shake up, then drizzle dressing over each salad.