



CITRUS SALAD



About this Recipe

Tis' the season of citrus! While we don't have a huge variety of easy to grow fruit here in Tucson, citrus is the major exception. This recipe pairs great with baked chicken or fish to make a full meal and is sure to please anyone lucky enough to try it. Any variety of oranges will be fantastic in this salad!

Ingredients

FOR THE SALAD:

- 3-4 cups butter lettuce (or baby kale)
- 4 oranges of choice
- 1 cup cucumbers, sliced
- 2 small avocados, sliced
- Fennel, thinly sliced
- Red onion, thinly sliced
- Salt and pepper to taste

FOR THE VINAIGRETTE:

- Juice of 2 lemons
- 3 Tablespoons red wine vinegar
- 6 Tablespoons extra virgin olive oil
- 1 shallot finely minced
- 2 cloves garlic, minced
- 2 Tablespoons fresh mint, torn
- Salt and pepper to taste

Directions

- 1 Arrange the lettuce in a large bowl or platter
- 2 Cut the peel off the citrus, remove any seeds, and cut into slices
- 3 Arrange the rest of the vegetables and avocado in and around the salad and season with salt and pepper
- 4 In a small bowl, whisk around the ingredients for the vinaigrette, check the taste before adding to the salad. Add salt and pepper if necessary
- 5 Drizzle the vinaigrette over the salad and serve immediately