

Chopped Salad With Creamy Avocado

This salad has a lot of variants. The secret is, of course, the avocado.

Serves 2.

Ingredients:

3-4 cups salad greens- lettuce (romaine, red leaf), arugula, spinach, etc., washed and finely cut up

1 stalk celery, thinly sliced

1 carrot, grated

1 avocado

lemon, orange, or apple juice, to taste

optional- small clove minced garlic

Directions:

1. Put greens, celery, and carrot in a salad bowl.
2. To make dressing: mash avocado and add the juice, to taste. Add minced garlic, if desired. Mix to a creamy consistency.
3. Add to vegetables and mix well.

Recipe by:

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