

# All Green Salad

## with a Lime Vinaigrette and a Blood Orange Garnish

### Salad Ingredients

2-3 bunches Italian (Flat-Leaf) Parsley, thick and tough stems removed, then roughly chopped\*

1 Small Romaine Lettuce Heart, chopped

1 Seedless Cucumber quartered lengthwise, then chopped

2 Ripe Avocados, chopped (wait until just before serving time to keep bright green)

1 Blood Orange, peeled, segmented then cut into halves

### Vinaigrette Ingredients

1/4 cup Freshly Squeezed Lime Juice

2/3 cup Olive Oil

1 teaspoon Sea Salt

water if needed

Agave nectar or Honey (optional)

Note about the parsley: This is your main ingredient so you want to have two (2) parts parsley to one (1) part romaine heart. Think of the romaine as the "fluffer" for the salad providing structure to the tender parsley leaves.



### Preparation

Make your vinaigrette up to a day in advance. I use an old jelly jar. Pour in your lime juice, olive oil, and salt. Put the lid on the jar and shake it like nobody is watching until emulsified. Taste and adjust to your liking. If you like the touch of sweetness to cut the acid add a little squeeze of agave or honey. If the acid is too strong dilute with water, a tablespoon at a time, until to your liking. Set aside. Do not dress the salad until just before you serve.

Place all your chopped green vegetables (except the avocado in your salad bowl. Toss. Set aside in the refrigerator until just before serving time. Add your newly chopped avocado. Remove the vinaigrette from the fridge and shake it again to re-emulsify. Drizzle the vinaigrette on your salad then toss to coat. Note: You will have more vinaigrette than you need. Use what you need to lightly dress the salad and save the remaining for another day. Garnish the salad with the blood orange wedges and serve.