



Mango or Orange, Avocado and Pistachio Salad

Serves 4

Ingredients:

2 -3 tablespoons freshly squeezed lime juice (juice from 1-2 limes)
1 teaspoon red wine vinegar
1 teaspoon honey
2 tablespoons extra virgin olive oil
3 navel oranges or 2 small mangos
2 ripe avocados
1/2 red onion, thinly sliced
6 cups baby spinach, arugula, mesclun mix, kale or other dark leafy greens
1/4-1/3 cup shelled pistachios
Sea salt and black pepper, to taste

Method:

Whisk together lime juice, vinegar, honey and oil. Season to taste with salt and pepper. Set aside.

If using oranges, remove peel and white pith with a serrated knife. Working over a large bowl to catch juices, cut between membranes with a paring knife to release whole orange segments into bowl. Chop into bite size pieces. If using mango, dice in 1/2" chunks,

Halve avocados and remove pits. Cut into thin slices. Toss orange sections or mango chunks and juice with sliced avocado, red onion and lime juice mixture.

Place baby spinach/greens on serving plates and top with orange/mango-avocado mixture and pistachios. Sprinkle with sea salt and pepper to taste. Serve immediately.

Compliments of Whole Foods