

Front



Fresh Taste for Seniors

Spinach, Fruit, and Avocado Salad

Ingredients:

- 1 garlic clove, finely minced
- Juice from 1 fresh lemon, seeds removed
- 2 teaspoons mustard (Dijon or honey mustard are great options)
- 2 tablespoons olive oil
- 6 cups spinach leaves
- 1 avocado, cubed
- 2 cups chopped fresh fruit: try strawberries, blueberries, peaches, or apple

Directions:

1. Put the garlic in a bowl, and whisk in the lemon juice and mustard. Whisk in the oil until the dressing is blended.
2. Place the spinach leaves in a large bowl and add the dressing, tossing to coat all the leaves. Add the avocado and fruit and gently toss.
3. Season with additional lemon juice to taste.

Makes: 4 servings

Adapted from www.mnn.com/food/recipes/stories/spinach-and-avocado-salad-with-garlic-mustard-vinaigrette



Back