

Avocado Citrus Salad

Disney's Contemporary Resort

The Wave

Ingredients

- 4 cups of your favorite Lettuce Greens
- ½ cup of frisee, hand torn
- 1 cup of Diced Haas Avocado
- 1 cup of Orange Segments
- 1 cup of Grapefruit Segments
- 1 pinch of salt
- 1 pinch of pepper
- ¼ cup of Citrus Vinaigrette

Directions

1. Mix all Vegetables and Fruit in a bowl.
2. Season with Salt and Pepper.
3. Pour dressing over salad and toss gently.

Ingredients for Citrus Vinaigrette

- 2/3 cup Canola oil
- 1/3 cup White Balsamic Vinegar
- 1/4 cup fresh squeezed Orange Juice
- ¼ tsp chopped shallots
- ¼ tsp chopped parsley
- ¼ tsp chopped chives
- 1 tablespoon fresh squeezed lemon juice
- 1 pinch salt
- 1 pinch black pepper

Directions:

1. Combine vinegar, shallots, chives, lemon juice, orange juice and parsley and add to a blender or food processor. Blend for 3-4 minutes until well incorporated.
2. Slowly add in oil while the blender is running
3. Continue to blend, an additional 3-4 minutes, adding salt and pepper.

