

avocado citrus salad

SERVES 6
ACTIVE TIME: 15 MIN
TOTAL TIME: 15 MIN

- 1 grapefruit, peel and pith removed
- 1 large navel orange, peel and pith removed
- 3 ounces baby arugula (3 cups)
- 2 avocados, sliced
- 2 radishes, trimmed and thinly sliced
- 2 tablespoons extra-virgin olive oil
- 2 scallions (white and light-green parts only), thinly sliced
- coarse salt and ground pepper

1 Working over a medium bowl, cut out grapefruit and orange segments, then squeeze juice from membranes.

2 Place arugula on a platter and top with avocados, radishes, and citrus segments with juices. Drizzle with oil, top with scallions, and season with salt and pepper.

per serv: **168 cal**; 14 g fat (2 g sat fat); 2 g protein; 12 g carb; 5 g fiber

chicken salad with avocado dressing

SERVES 4 ■ ACTIVE TIME: 25 MIN ■ TOTAL TIME: 25 MIN

- 3¼ cups shredded cooked chicken (from 2 boneless, skinless chicken breasts)
- 2 celery stalks, finely chopped
- 1 large shallot, finely chopped
- 1 avocado, diced small
- ¾ cup Avocado Dressing (right)
- coarse salt and ground pepper
- 4 large slices sourdough bread, toasted

In a medium bowl, combine chicken, celery, shallot, avocado, and dressing. Season with salt and pepper and toss to combine. Serve on toast.

per serv: **270 cal**; 13 g fat (3 g sat fat); 16 g protein; 24 g carb; 4 g fiber

AVOCADO DRESSING

In a food processor or blender, combine 2 avocados, 1 cup buttermilk, 1 scallion (white and light-green parts only), thinly sliced, ¼ cup packed fresh parsley leaves, ¼ cup packed fresh mint leaves, 3 tablespoons fresh lemon juice, and ½ cup water. Season with coarse salt and ground pepper and pulse until smooth. (To store, refrigerate in an airtight container, up to 3 days.)

MAKES 2⅓ CUPS

per serv (about ¼ cup): **71 cal**; 6 g fat (1 g sat fat); 2 g protein; 5 g carb; 3 g fiber

USE IT UP

Try this dressing on a green salad, in a wrap, or as a sauce for fish, skirt steak, or vegetables.

