

Orange, Avocado and Watercress Salad



¼ of a small red onion, sliced thinly and soaked in cold water
¼ cup orange juice
1 lime juiced
1 Tbs. honey
2 tsp Dijon mustard
½ tsp. salt
Fresh ground pepper to taste
3 Tbs. Extra Virgin Olive oil
2 bunches watercress
2 avocados
2 navel oranges
½ cup chopped toasted nuts like hazelnuts, walnuts, almonds

- Soak thinly sliced red onion in cold water for 10 minutes.
- For the dressing: Whisk orange and lime juices, honey, Dijon mustard, salt and pepper to taste.
- Slowly whisk in extra virgin olive oil.
- Rinse off watercress, slice the avocados and segment the oranges.
- Drain onion. In a large bowl or platter with sides, gently toss onion with watercress, avocados, and segmented oranges.
- Add the dressing and top with nuts. Serve immediately.

Shopping: small red onion, navel oranges, orange juice (preferably fresh), lime, honey, Dijon mustard, kosher salt and freshly ground pepper, extra virgin olive oil, watercress, avocados, toasted nuts – your choice – like hazelnuts, walnuts, almonds.

Tools: chef knife, cutting board, measuring spoons and cups, mixing bowl, whisk, large bowl or serving platter.