

Citrus Avocado Salad



A creamy and tangy salad bursting with vibrant sweet/tart flavors. Crisp endive, plump olives and wheat berries are gently tossed with a medley of pink and white grapefruit, juicy sections of navel and blood oranges, sliced kumquat, and creamy ripe avocado. Coat with honey citrus vinaigrette and a sprinkle of crumbled goat cheese.

Yield	10-3/4 oz
Serves	1
Preparation time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1.75	oz			Endive	sliced
1.5	oz	1/4 cup		Orange, navel	
1.5	oz	1/4 cup		Orange, blood	
1.5	oz	1/4 cup		Grapefruit, pink	
1.5	oz	1/4 cup		Grapefruit, white	
1	oz	1/4 cup		Avocado	
1/2	oz	1 tbsp		Kumquat	sliced
1/4	oz	1 tbsp		Black olive	
1/2	oz			Goats cheese, soft	crumbled
1/4	oz	1 tbsp		Wheat Berries with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1/2	fl oz	1 tbsp		Honey Citrus Vinaigrette - prepared	(see separate recipe)

Preparation Steps

1. Add endive, navel oranges, blood oranges, pink grapefruit, white grapefruit avocado, kumquat, olives, goat cheese, Wheat Berries with Roasted Mirepoix Flavor Concentrate (or guest's selection of vegetables, grains, and garnishes) to a bowl.
2. Toss with Honey Citrus Vinaigrette (or guest's choice of dressing).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	226.4
Energy (Kj)	953.5
Protein (g)	6
Carbohydrate, total (g)	25.8
Fats, total (g)	12
Sugars, total (g)	17.7
Fats, saturated (g)	3.3
Fiber, total dietary (g)	7.6
Sodium (mg)	182.7
Calcium (mg)	132.8
Cholesterol (mg)	6.7
Iron (mg)	1.5
Vitamin A (µg_RAE)	244.7
Vitamin C (mg)	92.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.