



RECIPES

Avocado Salad

Halve 2 fresh ripe avocados and remove pits. While avocado is still in skin, with knife tip slice through flesh of fruit down to skin first lengthwise then width wise allowing for ½ inch space between slices forming a grid. Hold skin side of fruit and carefully place serving spoon at edge of skin and remove flesh from skin, putting fruit into mixing bowl. Add following ingredients to avocado:

- 1 tsp. Lime juice
- 1 chopped Roma tomato
- 2 tablespoons finely chopped red onion
- 1 tsp. finely chopped fresh mint leaves
- Dash Real Salt
- Dash Cayenne Pepper

Mix well and return salad mixture to avocado skins and garnish with sprig of mint leaf and then serve.