

Arugula, Avocado & Fennel Salad



(4 to 6 servings)

Ingredients:

- 2 medium Hass Avocados
- 2 tbsp Lemon juice (from about ½ lemon)
- 1 Fennel bulb, fronds and outer layer removed, cored and very thinly sliced
- ½ small red Onion, thinly sliced
- 8 cups Arugula, washed, dried, and any long or tough stems removed
- ½ cup fresh cilantro leaves
- ¼ cup extra-virgin olive oil
- Coarse salt and freshly ground black pepper

Directions:

- Using a knife halve the avocado, remove the pit, then slice.
- Place the slices in a small bowl.
- Sprinkle with 1 tbsp of the lemon juice and toss gently with a rubber spatula to coat. Add the fennel, the onions and the remaining 1 tbsp of lemon juice and gently toss together.
- Place the arugula leaves, cilantro, olive oil, salt and pepper in a large bowl.
- Add the avocados and fennel and toss together.
- Serve immediately.