**Chop Salad with Grapefruit and Avocado**

**Produce**

Garlic *(if needed)*

1 bunch green onions

1 head Romaine lettuce

fresh cilantro (if needed)

1 red, yellow or orange bell pepper  
  
1 jalapeno pepper *(if needed)*

fresh cilantro *(if needed)*

1 cucumber

1 jicama

1 ripe avocado

1 pint cherry tomatoes

1 lime

1 grapefruit  
- or -  
1 blood orange

**Canned/Dried Foods**

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

**Additional Items**

2 fresh artisan rolls (1 per diner)

eggs (if needed)