

Chop Salad with Grapefruit and Avocado

We'll keep dinner relatively light tonight. The combination of the sharp citrus of grapefruit, the buttery richness of avocado and the savory flavor of hard-boiled egg make up the essence of the chop salad.

Add some jicama if you can find it. If no jicama is available use chopped Savoy cabbage. Dress this special salad with cilantro/lime dressing.

You can add all kinds of chopped items to a salad like this, but I think you'll find this particular combination very satisfying.

Pick up a nice artisan roll to go along with the meal. **Preparation time: 40 minutes - Servings: 2**

Organize Your Ingredients!

Notes on Organizing

Prep and organize all ingredients before you start. Salads are a joy to make when you've got everything ready for assembly.

Chop Salad

2 eggs
1 /2 of a grapefruit (peeled)
- or -
1 blood orange

4 large leaves Romaine lettuce (washed)
1 C. jicama (peeled and sliced into matchsticks)
1 C. red, yellow or orange bell pepper (chopped)
1-1/2 C. cucumber (peeled and chopped)
12 cherry tomatoes (halved)
2 green onions (chopped)
3 T. cilantro (chopped)
1 ripe avocado (chopped)

juice from 1/2 of a lime

Cilantro/Lime Dressing

3/4 C. washed Cilantro leaves
1/4 C. fresh lime-juice
1 clove garlic (whole, peeled)
2 T. onion (finely-chopped)
1/3 C. extra-virgin olive oil
1 tsp. mustard
1/2 C. vegetable broth
1/2 of a seeded jalapeño pepper
1 tsp. smooth peanut butter
pinch of salt

Remaining Items

2 artisan rolls (warmed)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by hard boiling eggs. Bring 2 C. water and a pinch of salt to a hard boil in a saucepan. Lower eggs into boiling water, reduce heat to medium-low, cover pan and boil for 11 minutes. Drain hot water and refill the pan with cold water. Leave eggs in cold water until ready to use them. (I often use a mandolin on the jicama to get consistent sized pieces.

Chop Salad

1. Brake prepped grapefruit or orange into sections. Then cut sections into bite- sized pieces. Set Aside.
2. Roll Romaine lettuce leaves together. Slice and then chop them. Place in a large bowl.
3. Add prepped jicama. Toss all prepped ingredients (except grapefruit, avocado and eggs) in a large bowl and divide evenly between two dinner plates.
4. Divide and arrange avocado pieces and chopped grapefruit between two salads.
5. Peel and slice eggs and fan an egg across the top of each salad.

Cilantro/Lime Dressing

Combine all dressing ingredients in a food processor and blend until creamy smooth.

Transfer to a serving pitcher and place on table.

Warm Rolls and Serve

About 10 minutes before you wish to dine, wrap rolls in foil and warm in a 250° oven.

Place salads and dressing on table and let diners dress their own salads. Serve with warmed rolls.

What I've Learned from this Recipe

Why is it called Chop Salad? You guessed it. Because everything is chopped.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com