

Chop Salad with Grapefruit and Avocado

Tonight you'll throw together a crunchy and zesty salad of chopped vegetables and fruits that are guaranteed to add interest to your dinner table. The combination of the sharp citrus of grapefruit, the buttery richness of avocado, and the savory flavor of hardboiled egg make up the essence of this salad.

The salad is enhanced with the watery crispness of jicama and served with cilantro/lime dressing. Why is it called a chop salad? You guessed it. It's because everything is chopped. 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 ingredients before you start. Salads are a joy to make when you've got everything prepped.

Chop Salad

- 2 eggs
- 1 grapefruit (peeled, sectioned and chopped)
- 4 large leaves Romaine lettuce (washed and dried)
- 1 C. jicama
- 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 Jalapeno 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 hardboiling 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 needed.

Chop Salad

1. Peel grapefruit and break into sections. Then cut sections into bite- sized pieces. Set Aside.
2. Roll prepped Romaine leaves and chop. Place in a large bowl.
3. Peel jicama and cut into matchstick-sized pieces. I use a mandolin to get consistent small pieces.
4. Toss all prepped ingredients (except grapefruit, avocado and eggs) in a large bowl and divide evenly between two dinner plates.
5. Divide and arrange avocado pieces and chopped grapefruit over each salad.
6. Peel and slice eggs and fan an egg across the top of each salad.

Cilantro/Lime Dressing

Combine 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

People probably started chopping lettuce because it was easier to eat with a fork.

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