

Caribbean Mixed Salad

There are numerous variations on this easy-to-prepare salad, yet fresh greens, pineapple, and avocado seem to be the central theme with additional fresh vegetables and fruit as available. As an example, if you can't find star fruit, consider using sliced grapefruit segments instead. It can be served as mentioned below, a simple salad, or as a full meal with shrimp, fish, beans, or chicken as added protein.

Prep Time: 15 Minutes **Serves:** Two

Ingredients:

Salad

- 3 cups mixed organic salad greens
- 1 medium yellow or orange bell pepper, cut into thin slices
- ½ medium red onion, thinly sliced
- 1 medium vine-ripened tomato, cut into thin slices
- 1 cup pineapple in bite sized pieces
- 1 medium star fruit, cut into thin ¼-inch thick stars (or substitute with grapefruit)

Vinaigrette

- 4 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon citrus juice (orange, lemon, or grapefruit)
- 1/8 teaspoon sea salt
- 1 medium garlic clove, peeled and minced
- Freshly ground black pepper to taste

Garnish

- 1 Haas avocado, cut into thin slices
- ¼ cup roasted peanuts

Directions:

Prep salad ingredients. Whisk dressing together then toss with salad ingredients in a large salad bowl. Garnish with avocado and peanuts to serve.

Enjoy,
Steven Masley, MD