

AVOCADO SALAD *with* RASPBERRY & BROWN RICE CRUST

Ingredients

The Raspberry Crust:

1/4 cup freeze dried raspberries 1/2 teaspoon salt

1/2 teaspoon lemon zest

The Brown Rice Crust:

1/2 cup brown rice, cooked

1/2 teaspoon salt

The Vinaigrette:

1/4 cup fresh raspberries

Juice of one lemon

1 tablespoon champagne citrus vinegar 2 tablespoons honey

3/4 tablespoon fresh dill

1/2 cup olive oil

Salt and pepper to taste

The Salad:

3 avocados, peeled, pitted, and cut in half

Watercress Frisée Lettuce

1/4 cup pomegranate seeds

3 fresh radish root, thinly sliced

2 Jalapenos, seeded and thinly sliced

1/4 cup cilantro leaves

2 tablespoons Sunflower seeds, toasted

Instructions

1.

For the raspberry crust, place all ingredients in food processor and pulse for 30 seconds.

Set aside in a flat plate.

2.

For the brown rice crust, spread the cooked rice on a sheet pan evenly and sprinkle with salt. Roast in oven at 375 for 15 minutes until crispy.

Crush in a mortar with a pestle until it has become a dusty consistency.

Set aside in a flat plate.

3.

For the vinaigrette, in a food processor combine raspberries, lemon juice, vinegar, honey, and dill. Process until well combined.

With the food processor still running, drizzle in the oil until the salad dressing comes together and emulsifies.

Season with salt and pepper.

4.

For the salad, dip half of avocados in raspberry crust and the other half in the brown rice crust. Set aside.

Mix watercress, frisee, pomegranate seeds, radish, jalapenos and cilantro leaves in a bowl.

Toss with vinaigrette, adding dressing in small quantities at a time and massaging the greens with your hands until well dressed. Be careful to not over dress the salad.

Season with salt and pepper.

Save any leftover dressing in the fridge for later use.

Lay out the salad and top with crusted avocado. Sprinkle with sunflower seeds and brown rice crust for extra crunch.

enjoy!