Avocado & Orange Salad with Honey Ginger Dressing

from yokesfoods.com

4 juicy navel oranges
1 tbsp. finely chopped fresh ginger
3 tbsp. mayonnaise
1 tsp. Dijon mustard
2 tsp. honey
2 medium shallots, finely chopped
1 to 2 tbsp. extra- virgin olive oil
2 avocados
1 tbsp. chopped fresh cilantro
4 whole leaves green leaf lettuce
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Peel and segment 3 of the oranges with a sharp flexible knife over a bowl. reserve any of the juice from the 3 cut oranges, and set the segments aside. Add the juice from the 4th orange into the bowl- you should have about 3/4 cup juice.

Combine the ginger, mayonnaise, mustard and honey with 1/2 cup of the orange juice in a small bowl. Season with salt and pepper to taste.

Cut the avocados into 1 inch pieces and place into the honey ginger dressing. Add half of the cut shallots and chopped cilantro and gently mix together as not to break the avocado.

In another small bowl, combine remaining chopped shallots with 3 tbsp. of the remaining juice. Wisk in the olive oil and season with salt and pepper.

When ready to serve, set aside 8 orange segments. Toss the rest of the oranges with the whole lettuce leaves (torn into small pieces) and just enough of the orange vinaigrette to coat. Divide the lettuce onto 4 serving plates, spoon some avocado onto each plate. (there will be dressing left in the bowl.) Top with reserved orange segments and drizzle any remaining honey and ginger dressing over the salad. Garnish with whole cilantro leaves. Serves well with a crusty hearth bread.

Servings: 4

Prep. Time: 10 minutes
Cook Time: ready to eat