

Salad with Avocado-Lime Vinaigrette and Spicy Pumpkin Seeds

Adapted from Bon Appetit, 2009

http://www.bonappetit.com/recipes/2009/09/salad_with_avocado_lime_vinaigrette_and_spicy_pumpkin_seeds#ixzz23eVEUOT1

http://www.bonappetit.com/recipes/2009/09/spicy_pumpkin_seeds#ixzz23eVeyIRf



Servings: 8

You won't use all of the salad dressing, so the nutrition info about this salad is not accurate.

VINAIGRETTE:

- 9 tablespoons olive oil
- 1/2 cup avocado, diced peeled seeded
- 1/2 cup chopped fresh cilantro
- 1/4 cup fresh lime juice
- 1/4 cup spicy pumpkin seeds (from recipe below)
- 3 tablespoons white vinegar
- 1 garlic clove
- 3/4 teaspoon serrano pepper, minced seeded

SALAD:

- 1 package baby greens (5 ounce)
- 1 whole avocado, halved, seeded, peeled, sliced
- 1 container cherry tomatoes (12 ounce) halved
- 1 medium cucumber, peeled, seeded, diced
- 1 medium jicama, cut in tiny sticks [optional]
- 1/2 medium red onion, very thinly sliced
- 1/2 cup Feta cheese, or cotija, crumbled

SPICY PUMPKIN SEEDS: (1 cup)

- 1/2 teaspoon cayenne pepper
- 2 teaspoons olive oil
- 1 cup pumpkin seeds, roasted, raw, shelled
- 1 teaspoon sugar
- 1/2 teaspoon salt

1. VINAIGRETTE: Combine all ingredients in blender and blend until smooth. Season to taste with salt and pepper.
2. SALAD: Place greens in very large bowl. Add avocados, tomatoes, cucumber, jicama, and onion. Toss with enough vinaigrette to coat. Sprinkle with cheese and Spicy Pumpkin Seeds.
3. PUMPKIN SEEDS: Heat oil in large skillet over medium heat. Add pumpkin seeds and stir until evenly toasted (seeds will pop) about 5 minutes. Sprinkle evenly with sugar, salt, and 1/2 teaspoon cayenne. Don't use too much dressing - it's thick and may take less than you might think. Toss to coat. Transfer pumpkin seeds to bowl and cool. DO AHEAD Can be made 2 days ahead. Store seeds airtight at room temperature.

Per Serving (excluding unknown items): 307 Calories; 25g Fat (71.1% calories from fat); 5g Protein; 19g Carbohydrate; 7g Dietary Fiber; 8mg Cholesterol; 249mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>