



Raspberry, Avocado, and Mango Salad

Summer time is the perfect season for berries and who says you can't sneak them into your salad? This California salad has a bold and bright dressing that pairs pureed, sweet raspberries, with tangy red wine vinegar. People may be chasing you down for this salad dressing!

Yields 5 servings (1 serving = 2 cups)

Ingredients

1 1/2 cups fresh raspberries, divided
1/4 cup extra-virgin olive oil
1/4 cup red-wine vinegar
1 small clove garlic, coarsely chopped
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground pepper
8 cups mixed salad greens
1 ripe mango, diced (see Tip)
1 small ripe avocado, diced
1/2 cup thinly sliced red onion
1/4 cup toasted chopped hazelnuts, or sliced almonds (optional)



TIP! To dice a mango, slice both ends of the mango and cut a grid pattern on both sides. Flip the halves inside out so the mango pieces stick out. Cut off each square and add to the salad.

Preparation:

1. Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined.
2. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.



Nutritional Information (per serving)

Calories: 215	Total Fat: 16g
Sat. Fat: 2g	Carbs: 18g
Fiber: 7g	Protein: 3g

Source: www.eatingwell.com

