

Avocado Salad

Serves 4

- 1 barely ripened avocado sliced thin
- 1/2 small red onion sliced thin
- 2 small tomatoes cut in quarters or 6 cherry tomatoes
- 4 cups dark leafy greens
- 1 cup of watercress pulled apart and cut across
- 1 cucumber sliced thin
- 1 cup toasted sunflower seeds

Salad dressing:

- 1 cup olive oil
- 6 T. lime juice
- 1/2 cup cilantro finely chopped
- 1/2 teaspoon dried oregano or 1 teaspoon fresh
- 1/2 teaspoon chili powder
- 1 teaspoon sea salt
- 1/2 teaspoon coconut palm sugar

When you're ready to put your salad together, assemble all the ingredients. First make your dressing by putting all the ingredients in a small bowl and whisking briskly. Or you can put them in a mason jar and shake. Rinse the vegetables and put to one side. Put the greens in a salad spinner and spin. Then wrap them in a paper towel to finish drying.

Put your leafy greens in a medium sized bowl. Cut the watercress in 3 inch lengths and add to the greens. Add the cucumbers and tomatoes. Slice the red onion and add it next. Toss the salad. Cut the avocado in two and slice each piece thinly across the top of the salad. Add about 2 tablespoons of salad dressing and toss thoroughly. Sprinkle 1/2 cup of the sunflower seeds on the top of the salad. It's ready to serve.

You'll have sunflower seeds and salad dressing left over for other salads. If you wanted to make the avocado salad recipe your main course you can add 4 oz. of fish or chicken chopped into 1 inch pieces.

Toasted sunflower seeds:

Makes 4 cups

- 4 cups raw, hulled sunflower seeds
- 2 tablespoons sea salt
- 2 teaspoons cayenne pepper (optional)

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- filtered water

You'll be preparing your seeds a couple of days before you're ready to make the salad. You're toasting enough seeds to use on other salads or for snacks. Dissolve salt in a large bowl of enough water to cover the seeds. Add sunflower seeds and optional cayenne and stir. Leave in a warm place over night. Drain in a colander and spread on a cookie sheet or put in a baking pan and place in a warm oven (150 degrees) over night or all day. Store in airtight container.