



Avocado Salad

Serves 4 this works great with Steak, chicken, fish or as a nice lunch with warm tortillas and Sangria.

3 medium size Avocado

1 yellow pepper - diced

1 tomato – diced

½ a small Red Onion – chopped

2 tablespoons Italian Parsley Pesto (recipe to follow)

2 teaspoons Mango Balsamic

1 tablespoon Persian Lime Olive oil

In a bowl gently stir chopped avocado, pepper, tomato and onion. In a separate bowl stir olive oil into pesto add salt and pepper if desired.

Toss salad lightly with pesto, drizzle Mango

balsamic and toss one more time. Serve chilled or room temp.

Optional: Roast Chili croutons. Coat chopped bread cubes with chili olive oil and bake for 15 minutes on 200. Add to salad just before serving

Pesto Recipe

A food processor makes this a snap:

1 cup Italian (flat leaf) Parsley

1 tablespoon chopped garlic

¼ cup shredded Parmesan

2 tablespoons chopped Pecans

Mix all ingredients in food processor until just before it is a paste. Should be a bit chunky.