Avocado from Mexico, Orange and Watercress Salad.

NIBBLEDISH CONTRIBUTOR

Ingredients

2 fully ripened avocados from Mexico, halved, pitted, peeled and sliced
4 cups loosely packed watercress sprigs
1/4 cup toasted slivered almonds
2 navel oranges, peeled and segmented
1 pound cooked medium to large peeled, deveined shrimp or 2 cups diced cooked chicken
4 hearts of palm, quartered lengthwise (from a 14.10-ounce jar), optional
Citrus Vinaigrette (recipe follows),

Instructions

In a bowl, combine 3 tablespoons of the Citrus Vinaigrette with the watercress; toss and divide among four plates. Sprinkle almonds on top. Arrange avocado and orange slices, shrimp and hearts of palm on greens; drizzle with some of the dressing. Pass the remaining dressing. Citrus Vinaigrette: In a small saucepan, simmer 1cup orange juice until reduced to about 2/3 cup; set aside to cool. In a blender, combine 1/4 cup lemon juice, 1/4 cup white vinegar, 1 tablespoon honey, 1/2 teaspoon salt and 1/4 teaspoon ground black pepper. Add the cooled orange juice and blend. With the motor running, gradually add 1/2 cup canola or other vegetable oil and blend until combined.

Serves: 4 portions (1-1/2 cups vinaigrette)