

# Salad

## Broccoli and Avocado Salad

*\* Vegan, Gluten-Free*

This is a unique salad that brings together a wonderful combination. It's a delightful salad that can complement a variety of dishes.

### You'll Need

- 1 small bunch of broccoli
- Salt to taste
- 1 large avocado
- 1/2 lemon
- 1 teaspoon Dijon style mustard
- 1/2 teaspoon finely chopped garlic
- 1 tablespoon red wine vinegar
- Freshly ground black pepper to taste
- 3 tablespoons olive oil



### Directions

- Cut the broccoli into florets. If the pieces are large, cut the stems in half. Rinse and drain them. Reserve the stems for another use.
- Drop broccoli into boiling salted water to cover. Bring to a boil and cook 2 minutes. Drain and run the broccoli briefly under cold water to cool. Drain again and chill.
- Cut the avocado in half. Peel each half and remove the pit. Cut each half into 8 lengthwise strips. Squeeze the lemon half over the strips to prevent discoloration.
- Arrange the broccoli and the avocado alternately on each of 4 serving plates.
- Blend the mustard, garlic, vinegar, pepper and oil, adding salt if needed, in a bowl with a wire whisk. Pour over the broccoli and avocado. Serve immediately.

### Play with Your Food

- Add fresh sliced tomato
- Add some finely chopped red onion