

Papaya Avocado Salad

Ingredients

1 large head of lettuce of choice or baby greens
1 avocado, peeled and sliced
1 Papaya thinly sliced
1 red onion thinly sliced into rings (to help with acid reflux, run boiled water from kettle over sliced red onion in a colander)

Papaya Seed Dressing:

1/4 cup honey
1/2 tsp dry mustard
1-2 tsp unrefined sea salt
1 tbsp papaya seeds (yes, those little black seeds from inside the papaya can be eaten)
1/2 cup white wine vinegar or if you can find or make white wine tarragon vinegar.
1/2 cup olive oil (or you can mix 1/2 sunflower oil and 1/2 olive oil for a milder taste)
2-3 green onions (I use 2 for the dressing and 1 sliced up in the salad)

Instructions

Wash and dry lettuce then tear into small pieces.

Peel papaya. Scoop out seeds and save 2 tbsp (you can freeze any extra for another time).

Combine dressing ingredients in a blender and blend until the papaya seeds have the appearance of ground pepper. Store dressing in Refrigerator.

Just before serving, add papaya, avocado and red onion slices to lettuce. Pour enough dressing to just coat the lettuce. This is such a beautiful salad and has a wonderful unique sweet flavour.

Enjoy!