

# Cress, Carrot & Avocado Salad with Lime Vinaigrette

Adapted from *April Bloomfield, A Girl and Her Pig*

Serves 4:

## Ingredients

1 large bunch of upland cress, watercress or arugula  
2 large shallots, peeled  
2 large carrots, peeled  
1 ripe avocado

Lime Vinaigrette:

zest and juice from 1 lime  
1 teaspoon Dijon mustard  
1 large garlic clove, pressed  
Maldon sea salt  
1/4 cup best quality extra virgin olive oil

## Preparation

Rinse and dry upland cress well in a salad spinner.  
Trim the ends and tear the greens into bite sized pieces.  
Thinly slice shallots from root to tip.  
Make carrot ribbons by using a peeler to shave slices.  
Toss the carrots with the cress and shallot slices.

Make the Lime Vinaigrette: using a microplane or grater, zest the peel of a lime.  
Juice the lime and add it to the zest in a small bowl.  
Press or grate a garlic clove into the dressing, add Dijon mustard, and a pinch of Maldon sea salt.  
Slowly drizzle the olive oil into the dressing, while whisking to emulsify it.  
Taste and adjust seasoning, if needed.

Just before serving, cut a ripe avocado in half lengthwise and remove the pit.  
Cut the 2 halves into thick slices or wedges and add to the salad.  
Toss all with lime vinaigrette, taste, and season with a bit more sea salt, if you like.

*passioneats* | 4.21.2012

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