

## Avocado Strawberry Salad



### Ingredients:

- 6 cups butter lettuce or spinach
- 2 avocados, sliced
- 2 cups strawberries, washed, hulled, and halved
- 1/2 cup blue cheese roughly crumbled (substitute feta cheese)

### For the dressing

- 2 tablespoon olive oil
- 1/4 cup Balsamic vinegar
- 1/4 cup fresh orange juice
- 1/2 teaspoon salt
- black pepper to taste

### Directions:

1. On a large serving platter, place the lettuce or spinach, top it with the avocado slices, then strawberries and cheese.
2. Combine all the dressing ingredients in a bowl and whisk together.
3. Pour the dressing over the salad right before serving.

Makes 6 servings



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>