

Avocado, Carrot and Radish Salad

Prep time:

20 minutes

Yields:

4 servings

Ingredients:

For the Dressing:

- 1 garlic clove, finely grated
- 3 tablespoons finely chopped fresh parsley
- 1 tablespoon finely chopped fresh mint
- 1 tablespoon finely chopped fresh tarragon
- 3 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- Kosher salt

Vegetables and Assembly

- 2 ripe avocados, thinly sliced
- 1 medium carrot, peeled, shaved into ribbons with a vegetable peeler
- 2-3 radishes, trimmed, very thinly sliced on mandoline
- 1-2 green onions, thinly sliced
- 1 tablespoon olive oil
- 1 teaspoon fresh lemon juice
- Salt and pepper to taste

Directions:

For the Dressing:

Mix garlic, parsley, mint, tarragon, oil, and lemon juice in a small bowl; season with salt and pepper.

Vegetables and assembly

Toss avocado, carrot, radishes and green onion with oil and lemon juice in a medium bowl; arrange on plates. Spoon dressing over. Sprinkle with salt and pepper.

Chef Mat Shalenko
June Health and Wellness