

MOCK CRAB' & AVOCADO SALAD WITH GINGER VINAIGRETTE

INGREDIENTS FOR VINAIGRETTE

- 2 t Ginger (fresh) (chopped)
- 1 Lemon (only using grated zest of 1/2 lemon)
- 2 t Lemon juice
- 1 1/2 T Vinegar (white wine vinegar or rice wine vinegar)
- 2 Scallions (including green tops) (chopped)
- 1 t Tamari Sauce **OR** Coconut Secret Aminos
- 1/2 t Salt (divided)
- 1/3 C Healthy oil



INGREDIENTS FOR SALAD

- 3/4 lb Watercress (tough stems removed)
- 2 Tomatoes (plum) (finely diced)
- 1/2 head Romaine lettuce (about 3/4 pound) (cut crosswise into 1-inch strips)
- 2 Avocados (Haas) (ripe) (diced)
- 1/2 lb Mock Crab' **OR** Tuna



DIRECTIONS

- 1 In a blender, combine the ginger, lemon zest, lemon juice, vinegar, scallions, tamari **OR** coconut aminos & 1/4 t of the salt
- 2 Pulse to chop & add the oil & puree until smooth
- 3 In a stainless steel bowl, combine the watercress, tomatoes, romaine, avocados & the remaining 1/4 t salt
- 4 Toss the salad with all but 3 T of the vinaigrette
- 5 Toss the 'mock crabmeat' or tuna with the remaining vinaigrette & place it over the salad

NOTES

- 1 Wait until you're ready to toss the salad before dicing the avocados
The acidity in the vinaigrette will keep them from turning brown
- 2 No picture was sent with the recipe

