



Produce Pick Of The Market

May 15 - 21, 2011

California Strawberries

Strawberry Avocado Salad

Ingredients:

- 10 Strawberries, fresh, hulled and sliced
- 1 Avocado, peeled, pitted and sliced
- 2 c. Salad greens, torn
- ½ c. Pecans, chopped
- 2 Tb. Sugar
- 2 Tb. Olive oil
- 4 tsp. Honey
- 1 Tb. Vinegar, cider
- 1 tsp. Lemon juice

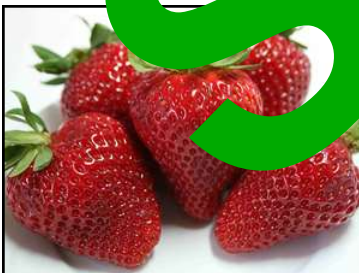
Directions:

In a small bowl, whisk together the sugar, olive oil, honey, vinegar, and lemon juice. Refrigerate while preparing the salad. Place the salad greens in a bowl and top with sliced strawberries and avocado. Drizzle dressing over the salad, then sprinkle with pecans. Refrigerate for up to 2 hours before serving, or serve immediately.



Recipe Courtesy of: www.allrecipes.com

Fun Facts



Fresh strawberries are consumed by 94% of households.

- Every strawberry plant is hand-picked approximately every three days.
- The strawberry is the only fruit with the seeds on the outside.
- Strawberries have long been associated with love and flirtation. Wedding breakfasts in provincial France serve strawberries in a soup of thinned sour cream.
- There is a museum in Belgium dedicated entirely to strawberries.



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