

Greens with Avocado and Pear Salad

This simple salad needs little in the way of dressing. Just try a splash of lemon juice or balsamic vinegar, or a dash of your favorite prepared vinaigrette.

Serve 6

Ingredients:

- 1 Pear, ripe, cored and diced
- 1 Avocado, peeled, pitted and diced
- 1/2 cucumber, peeled and sliced
- 4 cups Romaine or red leaf lettuce, or a combination

Combine pear, avocado, cucumber and lettuce in a salad bowl and toss well. Dressing: fresh lemon juice or vinaigrette



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