

Caribbean Salad

Serves 6

Ingredients

Salad

- 8 cups baby spinach, lightly packed
- 1 cup cubed pineapple
- ¼ cup sliced green onions
- 1 cup cubed avocado
- 15 oz. can mandarin oranges, drained
- ¼ cup sweetened shredded coconut
- ½ cup macadamia nuts

Dressing

- ¼ cup avocado oil
- 2 tbsp. lime juice
- 1 tbsp. agave nectar
- 2 tsp. poppy seeds
- Salt and pepper to taste



Directions

Salad

- 1) Wash and dry the spinach. Put about 1 and ¼ cups of spinach on each serving plate.
- 2) Top each salad with ¼ cup of cubed pineapple, 1 tbsp. sliced green onion, ¼ cup avocado, and ¼ cup mandarin oranges.
- 3) In a dry sauté pan, toast the sweetened shredded coconut until slightly golden brown, about 2-3 minutes. Set aside to cool.
- 4) In the same dry pan, toast the macadamia nuts until slightly golden and fragrant, about 2-3 minutes. Set aside to cool.
- 5) Once the coconut and macadamia nuts are cool, top each salad with 1 tbsp. shredded coconut and 2 tbsp. macadamia nuts.

Vinaigrette

- 1) In a small bowl, whisk together avocado oil, lime juice, agave nectar, poppy seeds, salt, and pepper until emulsified.
- 2) Top each salad with approximately 2 tbsp. of the vinaigrette right before serving.