

SALAD

Serves: 6-8

Glycemic Load: 2



Avacado, Watercress & Pineapple Salad

Ingredients:

- 1 bunch of watercress
- ¼ large pineapple, peeled, cored
- 1 Tbsp [coconut sugar](#)
- 3 garlic cloves, finely chopped
- ¼ cup extra-virgin olive oil
- 2 Tbsp apple cider vinegar or fresh lime juice
- 1/8 tsp [ground cumin](#)
- 1 tsp salt
- ¼ tsp freshly ground black pepper
- 1 large avocado 1 small red onion, thinly slivered lengthwise

Method:

Place the watercress in a colander and rinse under cold water to remove any grit or sand. Discard any yellowing leaves and remove the tough stems; for this salad, you want only the leaves and tender stems.

Heat a fry pan, place the pineapple pieces on a baking pan and sprinkle sugar evenly on top of them. Fry for 5 to 10 minutes until golden brown. Set aside.

Place the garlic, olive oil, vinegar or lime juice, cumin, salt, and pepper in a small bowl and whisk to combine. Taste for seasoning. Set aside.

Cut the avocado lengthwise in half around the pit and remove the pit. Place the avocado halves cut side down on the work surface and slice lengthwise into 1-inch-wide wedges. Assemble the salad: Place the watercress in a medium bowl and toss with half the dressing. Arrange on a large platter. Add the pineapple and avocado to the same bowl and toss with the rest of the dressing. Mound the pineapple and avocado over the bed of watercress. Garnish with slivers of red onion and serve immediately.

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