

Aphrodisiac Salad

Some people claim that avocado, ginger and honey are all part of a group of aphrodisiacs that are related to arousing sexual behavior. I think this is fun if you don't take it too seriously. However these items were my inspiration for this seriously delicious salad, a perfect dish for Valentine's Day.

SERVES 2

INGREDIENTS

- 3 cups variety of greens
- 1 avocado, sliced into thin slices
- 1 green onion, thinly sliced

- 1 tbsp ginger, freshly grated
- 1 tbsp honey
- 1 tbsp seasoned rice vinegar
- 1 tsp Soya sauce light
freshly ground black pepper

Wash and gently dry greens and place in a large bowl. Add avocado slices and green onion.

To a small jar add ginger, honey, rice vinegar, Soya sauce and freshly ground black pepper. Shake well so all the ingredients become emulsified.

When ready to serve salad, add dressing and very gently toss everything together. I use my hands to toss this salad because avocado when ripe can be fragile. This way I have more control and I can make sure avocado retains its shape and all the leaves are covered with the dressing. Enjoy.

TIP DU JOUR:

To add more aphrodisiacs' into this salad; try adding fresh figs and tomatoes.

To view more delicious recipes visit Monika Korngut's Delicious Living website at www.monikakorngut.com