

Citrus Summer Greens & Avocado Salad



Preparation Time *15 minutes*

Yields *6 to 8 servings*

Ingredients

Dressing:

- ¾ cup (175 mL) milk
- ½ cup (125 mL) plain Greek yogurt
- 2 tbsp (30 mL) Dijon mustard
- 1 tbsp (15 mL) freshly squeezed lemon juice
- 2 tsp (10 mL) liquid honey
- 1 clove garlic, minced
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) pepper
- ½ cup (125 mL) snipped chives, optional

Salad:

- 1 small bunch of kale, spinach, or arugula
- 1 seedless orange or ½ grapefruit, peeled and cut into segments
- ⅓ cup (75 mL) almonds, toasted, coarsely chopped
- ½ cup (125 mL) crumbled light feta
- 1 ripe avocado, peeled and cut into cubes

Preparation

Dressing: In a medium bowl, whisk milk with yogurt, mustard, lemon juice, honey, garlic, salt and pepper. Stir in chives, if using.

Salad: Trim kale by cutting out and discarding tough ribs of leaves. Stack leaves, then slice crosswise into strips about 1-1/4-inches (3 cm) wide, for about 10 cups (2.5 L). Place kale in serving bowl. Add orange segments, almonds and Feta. Gently toss. Gently toss in avocado over top. Leave dressing on the side and add as desired at the table, or combine with salad and allow to marinate in the fridge until serving.

Dietitian's Tip: Salad dressings are often made with a vegetable oil base. This recipe is completely oil-free and uses milk and dairy to give it a nice creamy texture while providing a natural source of calcium and vitamin D. Because milk products don't last as long as oil does though, remember to keep leftover dressing from this recipe in the fridge for up to 2 days max.

Recipe adapted from (& photo courtesy of): www.dairygoodness.ca