

Crab, Avocado, Citrus Salad

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Whether served as a side salad or light lunch, this wholesome salad has it all—lean protein, healthy fats, and fresh produce. It's a delight!

Ingredients:

1 pound fresh crabmeat, shells removed
4 cups fresh baby greens (such as baby spinach or arugula)
2 tablespoons chopped fresh mint
1 tablespoon chopped fresh basil
¼ cup olive oil
2 tablespoons fresh lemon juice
½ teaspoon sea salt
¼ teaspoon black pepper
2 semi-ripe avocados, peeled, pitted, sliced
2 seedless oranges, peeled, segmented

Directions:

- 1) Gently toss crabmeat, greens, mint, and basil together in a large bowl; set aside.
- 2) In a small bowl, whisk together oil, juice, salt, and pepper; pour all but 1 tablespoon dressing over crabmeat mixture. Toss gently with a fork, keeping crabmeat in relatively large pieces.
- 3) Arrange salad on 4 serving plate. Top with a few slices of avocado and orange. Drizzle remaining dressing over salads and serve.