

Mirliton Slaw

2 large mirliton (chayote)*
1 large red bell pepper
1 large green bell pepper
2 avocados
lettuce leaves or small amount of baby mixed greens

2 tablespoons Dijon mustard
4 tablespoons fresh lime juice
4 tablespoons light vegetable oil such as Canola
salt and pepper to taste

Peel mirliton, cut in half and remove pits. Slice as thinly as possible and julienne. Julienne red and green peppers to match mirliton julienne. Combine mirliton and peppers in a bowl.

Mix mustard and lime juice until combined and gradually whisk in oil. Season with salt and pepper. Combine 2/3 of dressing with mirliton and peppers. This can be done an hour or two before serving.

To serve, finely cube avocados and toss with remaining dressing. Place lettuce leaf or very small amount of greens on each plate. Place a spoonful of slaw on lettuce or greens and top with chopped avocado.

Serves 8.

*Mirliton or chayote has been available at Save On Foods in Nanaimo every time I've checked. Quality Foods and Thrifty sometimes have it.