

PAPAYA AVOCADO SALAD

1 HEAD OF ROMAINE LETTUCE
1 RIPE PAPAYA (PAPAYAS ARE RIPE
WHEN THEY HAVE TURNED YELLOW)
1 LARGE AVOCADO, PEELED & SLICED
RED ONION SLICES

DRESSING

1/4-1/2 CUP SUGAR	60-125 mL
1/2 TSP. DRY MUSTARD	2 mL
2 TSP. SALT	10 mL
2 TBSP. PAPAYA SEEDS	30 mL
1/2 CUP WHITE WINE VINEGAR OR TARRAGON VINEGAR	125 mL
1/2 CUP SALAD OIL	125 mL
2 GREEN ONIONS, FINELY CHOPPED	

WASH AND DRY LETTUCE. TEAR INTO BITE-SIZED PIECES AND PLACE IN SALAD BOWL. HALVE AND PEEL PAPAYA. SCOOP OUT SEEDS AND SAVE 2 TBSP. SLICE PAPAYA. COMBINE DRESSING INGREDIENTS IN A BLENDER UNTIL PAPAYA SEEDS HAVE THE APPEARANCE OF GROUND PEPPER. STORE DRESSING IN REFRIGERATOR. JUST BEFORE SERVING ADD PAPAYA, AVOCADO AND RED ONION SLICES TO LETTUCE. POUR DRESSING OVER SALAD AND TOSS. (YOU MIGHT HAVE SOME DRESSING LEFT OVER, BUT YOU'RE GOING TO WANT TO MAKE THIS SALAD AGAIN - SOON!)
SERVES 6-8.

THE OLDER YOU GET, THE BETTER YOU WERE.