



## **Boston Lettuce Avocado Salad and Lime Dressing**

*For the salad:*

2 small to medium heads Boston lettuce, discard any wilted leaves  
1 Hass avocado, pitted  
1 large bunch scallions, thinly sliced  
Leaves from 1 bunch cilantro, finely chopped

*For the dressing:*

2 limes, juiced  
1/3 cup extra-virgin olive oil  
1/2 teaspoon salt  
1 teaspoon sugar  
About 20 grinds fresh black pepper  
1 tablespoon whole-grain mustard

Pull the lettuce leaves from the head, rinse gently under cold water, and lay out on clean towels to dry. Use a spoon to remove the flesh in 1 piece from each half of the avocado. Thinly slice the avocado flesh into thin wedges.

Whisk together all the dressing ingredients.

Arrange the lettuce leaves on a plate and top with the avocado wedges, scallion, and cilantro. Finish with a healthy drizzling of the dressing.