

Fresh Strawberry and Mango Salad and Creamy Balsamic Dressing

Makes 2 Salads

Both savory and sweet, this balanced salad celebrates fresh summer fruits and crisp greens. The creamy balsamic vinaigrette, fresh strawberries, and sliced mango add color and a touch of sweetness to the heartier elements of red onion, avocado, and pecans. This salad is a true delight!

Salad Ingredients:

2 cups gem lettuce or bibb lettuce,
rinsed and dried
2 cups baby spinach, rinsed and dried
1 mango, peeled, pitted, and halved
1 cup strawberries, hulled and sliced
1 avocado, sliced
1/4 red onion, thinly sliced
1/2 cup pecans, toasted

Creamy Balsamic Dressing Ingredients:

1/4 cup balsamic vinegar
1/4 cup olive oil
1-2 tablespoons sour cream
1 teaspoon sugar
1/2 teaspoon Kosher salt
1/4 teaspoon freshly ground pepper
1 clove garlic, minced

Directions:

1. Whisk together the creamy balsamic dressing ingredients and set aside.
2. Create mango rosettes by slicing each half into very thin pieces. Fan out the slices of one half by slowly moving the slice at an angle on a large cutting board. Do not fully separate slices. Continue moving the slices until one long strip is created and the slices are slightly overlapping. Starting at one end, carefully roll the end slice tightly onto itself (this is the center of the rosette). Continue wrapping the long section of slices into itself until you reach the other end.
3. In a large bowl, use tongs to lightly toss the salad dressing with the lettuce and spinach. Add the remaining salad ingredients and toss once more (be careful not to over toss or avocados may begin to break down).
4. Use a large spatula to lift mango rosettes from the cutting board and onto the top of the salad and serve.