

A Recipe from
Thomas Buckborough & Associates

Green Salad with Jicama and Mango (Ensalada de Lechugas con Jicama y Mango)

This is a simple but beautiful and delicious summer salad. It goes great with grill meals, Mexican food, or just on its own. The dressing is elegant and really makes the dish.

Ingredients

- 1 mango cut into ½ to ¾ inch cubes
- 1 head red leaf lettuce
- 1 head butter or boston lettuce
- ½ re onion finely diced
- ½ a medium jicama (5 - 6 inches, cut into strips about ¼ inch by 2 inches)
- 1 avocado sliced or cubed for final top garnish

Dressing

Blend in a blender until smooth-

- 1 cup canola oil
- ½ cup olive oil
- 2- ½ tablespoons cider vinegar
- 1 cup chopped fresh parsley
- ½ cup chopped fresh cilantro
- 2 cloves garlic chopped
- 1 shallot chopped
- 1-1/2 teaspoons honey
- 1-1/2 teaspoons sea salt
- Pepper to taste
- Pinch of ground cloves