Citrus Salad-Stuffed Avocados

This recipe was provided by our friends at Melissa's Produce.

Makes 12 appetizers or 6 salad servings.

Ingredients

- 6 ripe avocados, halved lengthwise; seeds removed
- 2 limes, 1 juiced; 1 zested & segmented
- 3 cups fresh arugula, washed and dried
- 5 organic oranges, divided; 2 zested; all 5 peeled & segmented
- 1 small bulb of fennel, trimmed; diced small
- Salt and pepper, to taste
- Good balsamic vinegar, to taste

Instructions

1. Drizzle the avocado halves with the lime juice. Set aside.
2. In a mixing bowl, add the lime segments, arugula, the orange segments and fennel. Mix well. Add the lime zest and the orange zest and season with salt and pepper. Toss to combine. Place equal parts of the mixture into the avocado halves. Drizzle with the balsamic and serve. Makes 12 appetizers or 6 salad servings.