## Herbal Legacy Recipes

## AVOCADO SALAD WITH GINGER

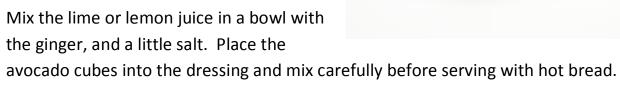
This African salad has an exciting taste – smooth-tasting avocado meets sparky ginger. The ground ginger distributes very evenly in the lime or lemon juice, but fresh ginger is tangier.

## **INGREDIENTS:**

- 1 Avocado halved and stoned
- 1 T. lime or lemon juice
- ½ t. ground ginger or ¼ t. fresh ginger, finely chopped
- Salt

## **DIRECTIONS:**

- 1. Remove the skins from the avocado and cut the fruit into cubes.
- 2. Mix the lime or lemon juice in a bowl with the ginger, and a little salt. Place the



Recipe from Global Vegetarian Cooking by Troth Wells