

# 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 avocado cubes into the dressing and mix carefully before serving with hot bread.

Recipe from Global Vegetarian Cooking by Troth Wells