

# Juicy Avocado Citrus Salad

Winter salad full of vitamins

Author: Elisa | [inthekitchenwithelisa](http://inthekitchenwithelisa.com)

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## INGREDIENTS

(makes about 4 portions)

- 100-200g (5-9 cups) arugula
- 1 small red onion
- 4 mandarin oranges
- 4 blood oranges
- 1 avocado
- 1 organic lime
- 2 handfuls pomegranate seeds
- 1 tbsp olive oil
- salt & freshly ground black pepper to taste



## DIRECTIONS

1. Peel and slice the onion finely. Peel the mandarins and the oranges and also slice them. Remove the stone and the skin from the avocado and slice it as well.
2. In a big salad bowl mix arugula, onion, oranges and the pomegranate seeds. At this point you can see how the balance of the ingredients is and add in some more of something if you like.
3. Wash the lime well and grate the skin into the salad.
4. Add the avocado slices to a small bowl and juice half of the lime over the avocado. Mix shortly and add the avocado to your salad.
5. To make the dressing, juice the second half of the lime. In a small bowl mix the lime juice with the olive oil and season with salt and black pepper to taste. Add the dressing to the salad and mix well.
6. Serve the salad right away.