

Sliced Avocado Salad



Recipe courtesy of Molly Yeh

Show: Girl Meets Farm Episode: Cinco de Mayo ... Brunch Club Style



Level: Easy

Total: 30 min

Active: 15 min

Yield: 8 servings

Ingredients:

1/4 cup unsalted shelled pumpkin seeds
 1/4 cup unsalted shelled sunflower seeds
 1/4 cup puffed rice cereal
 1 teaspoon ground cumin
 1 teaspoon chili powder
 1/2 teaspoon garlic powder
 1/4 teaspoon kosher salt
 2 teaspoons olive oil
 1/2 teaspoon lime zest
 4 avocados
 Pickled Onions, recipe follows
 Good-quality olive oil, for serving
 Crumbled cotija cheese, for serving
 Flaky sea salt
 Lime wedges, for serving

Pickled Onions:

1/3 cup apple cider vinegar
 1 tablespoon sugar
 2 teaspoons kosher salt
 1 1/2 cups thinly sliced red onion

Directions:

- 1 Preheat the oven to 375 degrees F.
- 2 Toss the pumpkin seeds, sunflower seeds and puffed rice with the cumin, chili powder, garlic powder and kosher salt in a bowl. Add the oil and toss to coat. Place on a baking sheet in a single layer and bake until toasted, about 10 minutes. Toss with the lime zest and set aside.
- 3 Cut the avocados in half and peel. Place the flat side of each avocado on a cutting board and slice at an angle. Plate half an avocado on each plate and top with some of the Pickled Onions and toasted seed mixture. Finish with a drizzle of good-quality olive oil, a sprinkle of cotija and a pinch of flaky salt. Serve with a lime wedge.



Pickled Onions:

- 4 Combine the apple cider vinegar, sugar, salt and 1/4 cup water in a small pot. Heat, stirring, until the sugar and salt are dissolved. Pour the mixture over the red onions in a medium bowl and let sit for about 10 minutes.

Related Pages

[Guacamole Salad Recipe](#)

[Spring Apple and Fennel Salad with Dijon...](#)

[Tomato Green Bean Salad with Wheat Berries Recipe](#)

[Bagel Salad Recipe](#)

[Broccoli Slaw Recipe](#)

[Ranch Egg Salad Recipe](#)