

Blackberry Avocado Salad with Honey Lemon Vinaigrette

Get ready to experience a truly exquisite harmony of flavors and textures with this vibrant



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10 min

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INGREDIENTS

5 oz mixed greens or baby spinach
1/2 avocado, sliced
1/2 cup fresh blackberries
1/4 small red onion, thinly sliced
1/4 cup crumbled goat cheese or feta
1/4 cup toasted pecans or walnuts
Freshly cracked black pepper to taste
2 tbsp olive oil (extra virgin recommended)
1 tbsp fresh lemon juice
1 tsp honey
1/2 tsp Dijon mustard
Salt and black pepper to taste

Swaps and Notes:

Greens: Mixed greens or baby spinach provide a great base. Arugula could add a peppery bite.

Avocado: Choose an avocado that is ripe but still firm enough to slice easily.

Blackberries: Fresh blackberries are ideal. Raspberries or blueberries could also work for a similar sweet and tart profile.

Red Onion: Thinly sliced red onion adds a nice crisp bite. For a milder flavor, soak the slices in ice water for 10 minutes before adding.

Cheese: Goat cheese offers a creamy tang, while feta is saltier and crumbly. Choose your favorite!

Nuts: Pecans or walnuts add a fantastic crunch. Toasting them briefly in a dry skillet or oven

enhances their flavor significantly. Sliced almonds could also be used.

Honey (Vinaigrette): Adjust the amount of honey to your desired sweetness. Maple syrup is a good alternative.

Dijon Mustard: Acts as an emulsifier and adds a subtle tang to the vinaigrette. Don't omit it!

Salt & Pepper: Always taste and adjust seasoning for both the salad and the dressing.

DIRECTIONS

1. Let's assemble this beautiful and refreshing salad masterpiece!
2. Prepare the : Honey Lemon Vinaigrette: In a small bowl or a jar with a tight-fitting lid, combine the olive oil, fresh lemon juice, honey, Dijon mustard, salt, and black pepper. Whisk vigorously (or shake the jar) until everything is beautifully emulsified into a smooth, slightly thickened dressing. Set aside.
3. Assemble the : Salad Base: In a large mixing bowl or directly on your serving platter, create a stunning base layer of mixed greens or baby spinach.
4. Arrange : Toppings: Artfully arrange the remaining salad ingredients over the greens: the vibrant avocado slices, the fresh blackberries, the delicate ribbons of thinly sliced red onion, the crumbled goat cheese or feta, and the toasted pecans or walnuts. The visual appeal is part of the charm!
5. Dress : Just Before Serving: Just before you are ready to serve, give the honey lemon vinaigrette another quick whisk or shake, then drizzle that luscious dressing generously all over your salad masterpiece. You can add a little at a time to ensure you don't overdress it.
6. Finish and : Serve: Finish it off with a final sprinkle of freshly cracked black pepper for that extra kick of aroma and mild spice. Serve your Blackberry Avocado Salad right away for the freshest texture and best flavor!
7. Enjoy this light and refreshing salad as a side or a light meal. It's a delightful mix of sweet, creamy, and crunchy in every bite!

SWAPS & NOTES

Greens: Mixed greens or baby spinach provide a great base.

Blackberries: Fresh blackberries are ideal.

Avocado: Choose an avocado that is ripe but still firm enough to slice easily.

Raspberries or blueberries could also work for a similar sweet and tart profile.

TIPS FOR SUCCESS

Toast Your Nuts: Don't skip toasting the pecans or walnuts!

It brings out their flavor and adds a deeper crunch.

You can do this quickly in a dry skillet over medium heat, stirring constantly until fragrant (about 3-5 minutes).

Dress Just Before Serving: Vinaigrettes can make greens wilt if dressed too early.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/blackberry-avocado-salad-with-honey-lemon-vinaigrette/>