

Recipes
from the

VEGGIE MOBILE®

Produce Aisle On Wheels

Avocado & Tangerine Salad with Jalapeno Vinaigrette

Ingredients:

- 1/2 cup fresh tangerine juice
- 1 jalapeño, diced
- 1 small shallot, finely chopped
- 2 tablespoons white wine vinegar
- 3 tablespoons olive oil
- 2 avocados
- 4 tangerines
- Salt and pepper to taste

Directions:

1. Heat olive oil in pan then add diced jalapeños and cook until soft
2. Let cool and add remaining olive oil, vinegar, tangerine juice and diced shallots then whisk together and set aside
3. Peel the tangerines and avocados then dice both into small cubes
4. Add all ingredients together in bowl and toss
5. Serve as a side salad!

Who knew?

Avocados can lower bad cholesterol because they contain “good fats” for the body!

518-274-8685

594 River Street, Troy

vegvan@capitalroots.org

www.capitalroots.org



GROW • EDUCATE • PROVIDE