

Papaya, Avocado & Onion Salad



Preparation Time: 10-15 minutes

Ingredients

(Quantities shown are for 2 servings)

- 1 Ripe Papaya (see step 1 to determine ripeness)
- 1 Ripe Avocado (see step 1 to determine ripeness)
- ¼ Red (or any) Onion
- Salad Dressing (I'm using a balsamic vinaigrette but any dressing will work)
- Feta Cheese (optional, but adds excellent flavor)



Equipment

- Sharp Knife
- Cutting Board
- Tablespoon
- Teaspoon
- Bowl



1. Prepare the **papaya**, **avocado** and **onion** as follows and add them to a bowl.

Papaya

A. First check the **papaya** for ripeness. A **papaya** is ripe if you can press and leave a temporary indentation with your thumb in place using a little more thumb pressure than you'd use to grip a pencil firmly.



B. Cut the **papaya** in half widthwise (1), scoop out the seeds with a teaspoon (2), and...

(1)

(2)



...cut a widthwise slice about 3/4 inch wide (3). Then cut the **papaya slice** in half (4),...

(3)

(4)



... remove the skin (5), and chop each half into bite sized pieces (6)..

(5)

(6)



Avocado

A. First check the **avocado** for ripeness. An **avocado** is ripe when you can press on the skin with your thumb using a little more pressure than you'd use to grip a pencil firmly (1) and leave an imprint as shown in (2). (If the **avocado** isn't ripe, see ripening **TIP** below these two pictures.)

(1)

(2)



TIP: To ripen firm **avocados** as quickly as possible, place them in a paper (NOT PLASTIC) bag (a), fold the bag closed as shown in (b) and check again for ripeness in 1-2 days (or longer for extremely **unripe avocados**)

(a)

(b)



B. Hold the ripe **avocado** to the cutting board with curled fingers and cut it in half around the seed as shown in (3). Then twist the two **avocado halves** apart as shown in (4).

(3)

(4)



C. To remove the seed, hold the **avocado half** with the seed still attached seed side up on the cutting board (5). Then chop the knife blade into the seed as shown in (5) and (6), and...

(5)

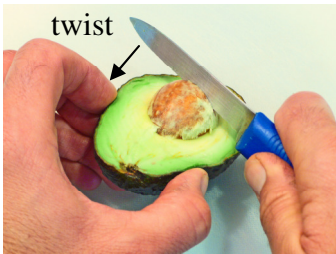


(6)



...twist the knife clockwise to loosen the seed and lift it out of the **avocado** as shown in (7) and (8).

(7)



(8)



D. Slice the **avocado half** again in half lengthwise as shown in (9) and peel off the skin as shown in (10).

(9)



(10)



E. Finish by cutting the **peeled avocado quarters** into 2-3 slices (11) and then chopping the slices into cross section bite sized pieces (12).

(11)



(12)



Onion

A. Chop a **red (or any) onion** in half (1) and cut off the root (2) and stem ends (3).



1



2



3

B. Peel off the dry skin (4). Cut the **onion half** in half (5), then...

(4)



(5)



...in half again (6), and cut those piece in cross section into pieces about 1/2 inch wide (7).

(6)



(7)



2. Top with **salad dressing** (1), add **crumbled feta cheese** (2 - optional), and toss with a big spoon until the **salad ingredients** are well mixed together (3).

