

Pear Avocado Salad



TIP: Combining ripe pears, ripe avocado, coarsely chopped shallots, dried cranberries and feta cheese makes for a quick & easy, great tasting sweet and savory salad.

Prep time: 5-10 minutes

Ingredients (for at least 2)

- 1 Ripe Pear
- 1 Ripe Avocado
- 1/2 Large or 1 Small Shallot (can be substituted with 1/4 red or any onion)

Salad Dressing

Dried Cranberries (can be substituted with raisins)

Feta (or any) Cheese

Ground Black Pepper (optional)



Equipment

Cutting Board

Bowl

Sharp Knife

Big Spoon



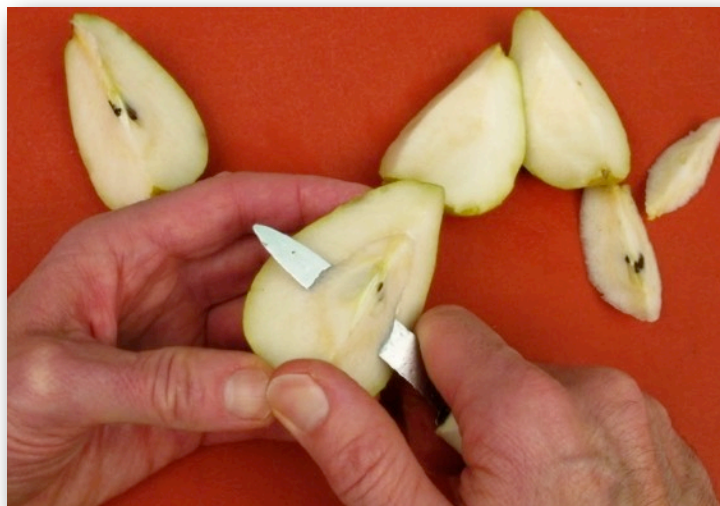
1. Rinse and shake dry a **ripe pear** in the sink.



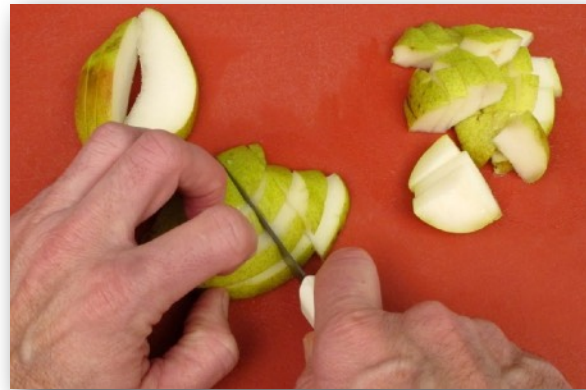
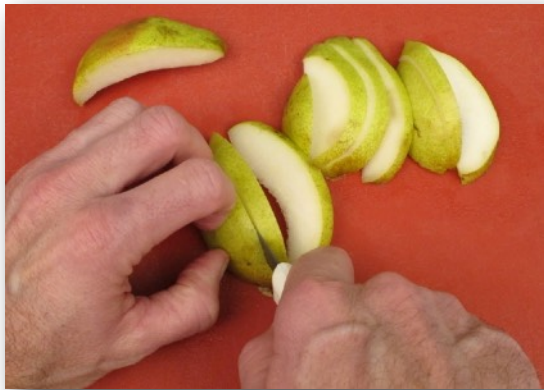
Cut the **pear** in half lengthwise, and cut the **pear halves** lengthwise in half again.



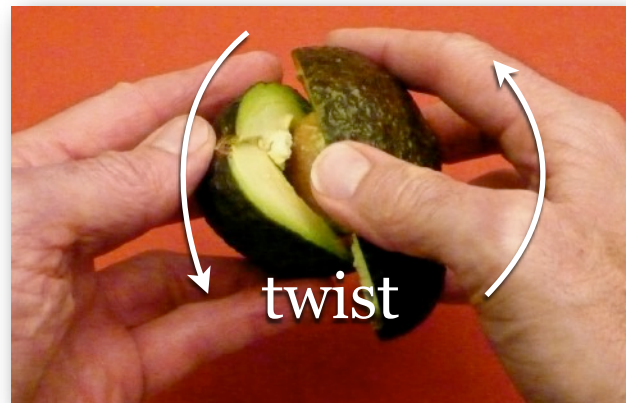
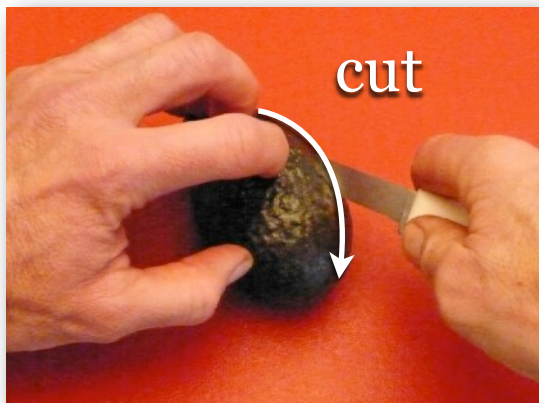
Carefully remove the **core** from the **pear quarters**.



Cut the **pear quarters** lengthwise into slices about $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide, and then cut the slices in cross section into pieces also $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide.



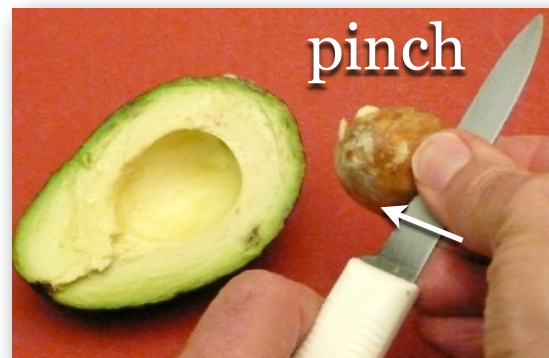
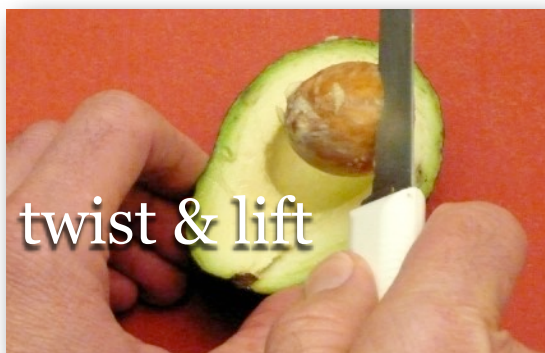
2. Cut a **ripe avocado** in half lengthwise around the seed and twist the two halves apart.



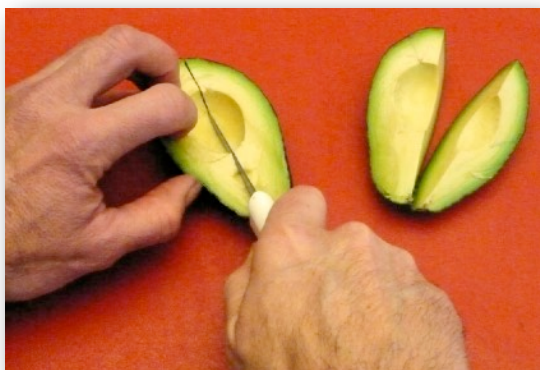
To remove the seed, *make sure your fingers are out of the intended knife path* as you hold the **avocado half** to the cutting board with the seed facing up and drive the flat sharp edge of the knife blade into the seed. Then...



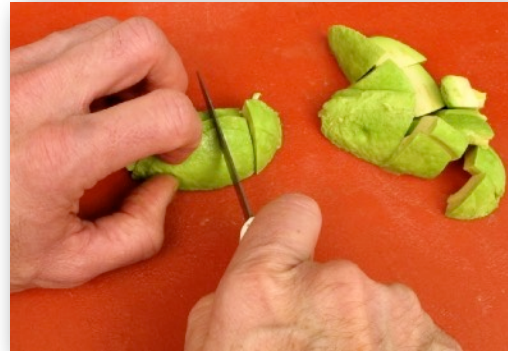
...twist the knife and lift the loosened seed out of the **avocado**. Remove the seed from knife by pinching it from the back, dull side of the knife blade.



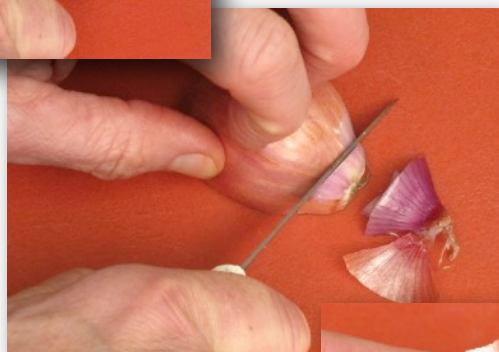
Cut each **avocado half** again in half lengthwise into quarters, and peel off the skin.



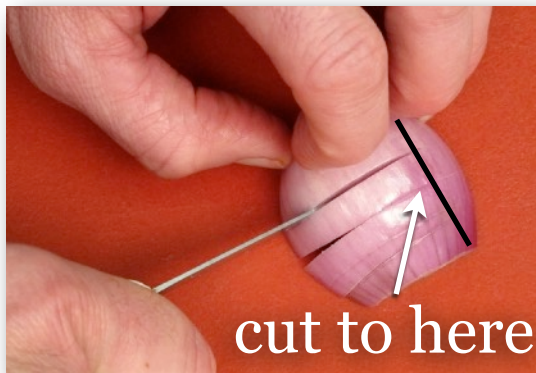
Cut each **avocado quarter** into slices $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide, and cut the slices in cross section into pieces also $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide.



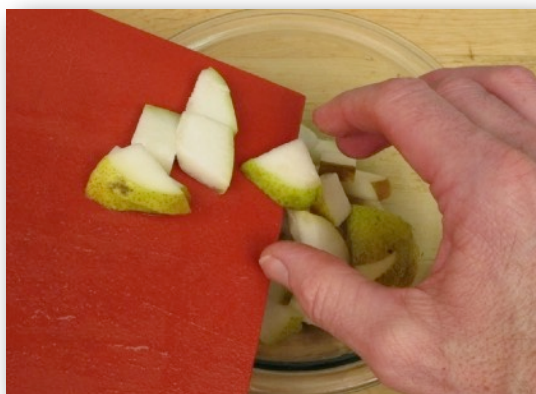
3. Cut a **shallot** in half, chop off both the stem and root ends, and peel off the skin. (If you're using an **onion**, which is very similar to a **shallot**, use the pictures below as a guide.)



Cut cross section slices into but *not through the back* of the **shallot halves** about 1/4 inch (6 mm) wide (the uncut back of the **shallot** will act like the binding of a book and keep the **shallot** together when the slices are cut in cross section). Then cut those slices in cross section into pieces also about 1/4 inch (6 mm) wide.



4. Put the **cut pear**, **avocado** and **chopped shallots** into a bowl, and add a **handful of dried cranberries** (or raisins),...



...a **shot of salad dressing**, **crumbled feta cheese** and an **optional crunch of ground black pepper**.



5. Finish by stirring the **salad** with a big spoon until **all the ingredients** are well mixed together and lightly coated with **salad dressing** as shown in the picture on the right.

