

Guayaba Salad



Yield:

4

| AMT | UNIT | INGREDIENTS | PROCEDURES |
|------|-------|-------------------------|---|
| 6 | piece | ripe guayabas or guavas | for the salad: cut guaybas in quarters and take the seeds out with a spoon, dice the avocados and cut the goat cheese in slices, ou can do it with dental floss to get perfect slices. Mix the spinach with the watercress. fot the vinagrette:blend two whole guavas with the vinegar, olive oil, salt and pepper, strain and reserve. Serve the salad and use the guava quarters, avocado, caramelized nuts and goat cheese as topping, drizzle the vinagret. |
| 2 | piece | avocados | |
| 1/2. | pound | fresh goat cheese | |
| 1/2. | cup | caramelized nuts | |
| 1/4. | cup | red wine vinegar | |
| 1/2. | cup | olive oil | |
| 1 | pound | spinach | |
| 1 | pound | watercress | |
| | | salt | |
| | | pepper | |
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