

RECIPES FOR THE ROAD — SUMMER SERIES

# FLORIDA AVOCADO AND MANGO SALAD

RECIPE CREATED BY:  
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## INGREDIENTS (SERVES 4)

- 1 cup Florida avocado, diced large
- 1 cup Florida mango, diced large
- 1 cup Florida cucumber, sliced large
- 8 ounces Florida bib lettuce, hand torn
- 1/2 lime, juiced
- 1 teaspoon fresh garlic, minced
- 1 pinch crushed red pepper flakes (if desired for heat)
- 1 teaspoon sesame seed mix (black, white and toasted), plus more for garnish
- 1 teaspoon chili-garlic sauce (if desired for heat)
- 1/4 cup rice wine vinegar
- 1 teaspoon fresh ginger, minced
- 2 tablespoons low sodium soy sauce
- 1/3 cup vegetable or avocado oil

- Sea salt and fresh ground pepper to taste
- Pickled red onion
- 1/4 red onion, peeled and sliced as thin as possible
- 1/2 cup rice wine vinegar

## PREPARATION

In a small mixing bowl, combine the lime juice, garlic, red pepper flakes, sesame seed mix, chili-garlic sauce, ginger, soy sauce and vinegar. Use a whisk to mix ingredients thoroughly. Slowly whisk the vegetable or avocado oil into the rest of the sauce. Taste and adjust the seasoning with salt and pepper. In a medium-sized mixing bowl, add the avocado, mango and cucumber. Add half of the sauce to the fruit and vegetable mixture and carefully stir to coat. Arrange the torn lettuce leaves around the edge of a large serving bowl and add the dressed avocado mixture to the middle. Lightly dress the lettuce leaves with some of the reserved sauce. Garnish the salad with some extra sesame seed mix and pickled red onions. Serve cold.



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8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference! . . .

# RECIPE FOR SAFE DRIVING

## INGREDIENTS

(SERVES ALL ROAD USERS)

- 1 whole, undivided calm mind
- 1 well-maintained vehicle with functioning lights and signals
- 1 seatbelt per person, buckled
- A dash of "Do Not Disturb" auto replies
- Sprinkle of your favorite playlist

## PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



### NEED INGREDIENTS?

Scan here for a list of custom "do not disturb" messages and chill playlists.



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