

# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## KUMQUAT AND AVOCADO SALAD

Vince Blancato, ACF Tampa Bay Culinary Association

SERVINGS PER RECIPE: 4



### Ingredients:

- 12 kumquats or oranges
- 1 avocado
- 1 medium head romaine lettuce
- 3 tablespoons raisins
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 2 tablespoons balsamic vinegar
- 1/8 teaspoon crushed red pepper flakes

### Directions:

1. Wash and thinly slice kumquats or oranges.
2. Heat kumquats or oranges and red pepper flakes in oil over medium heat for 5 minutes.
3. Add raisins, balsamic vinegar and salt. Cover and continue to cook for 2 minutes. Set dressing aside to cool.
4. Rinse and dry avocado and romaine lettuce.
5. Cut romaine lettuce into 2 inch strips.
6. Peel and pit the avocado and then cut into 1/2 inch slices.
7. Divide avocado and lettuce on 4 salad plates and pour the dressing over each salad.

*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*

### Nutrition Facts

Serving Size 247g)  
Servings Per Container  
Calories 260  
Fat Cal. 160g

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 18g	<b>28%</b>	<b>Total Carb</b> 25g	<b>8%</b>
Sat. Fat 2.5g	13%	Fiber 9g	36%
Trans Fat 0g		Sugars 15g	
<b>Cholest.</b> 170mg	<b>7%</b>	<b>Protein</b> 4g	
<b>Sodium</b> 170mg	<b>8%</b>		
Vitamin A 70% • Vitamin C 90% • Calcium 10% • Iron 10%			



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