



JOHN LEE / *Special to The Chronicle*; styled by GABY CAMACHO

Israeli Chopped Salad with Avocado

Serves 4

From "Mediterranean Fresh," by Joyce Goldstein (W.W. Norton & Co., Inc., \$30).

- 2 ripe avocados, cut into 1-inch chunks
- 1 cup walnuts, toasted and very coarsely chopped
- 1½ cups diced celery, cut ½-inch thick
- 1½ cups diced seeded cucumber, cut ½-inch thick
- ½ cup finely chopped red onion
- About 1 cup Toasted Cumin Citrus Dressing (see recipe)

Instructions: Combine all of the ingredients in a salad bowl and toss. If you like, you can serve this on a bed of greens, with the same dressing. Serve at room temperature.

Per serving: 755 calories, 8 g protein, 20 g carbohydrate, 76 g fat (10 g saturated), 0 cholesterol, 58 mg sodium, 8 g fiber.