South-of-the-Border Salad

Recipe by Florida Department of Natural Resources, Bureau of Marketing and Extensions Services

Makes 6 large servings

Ingredients

- 2 pounds smoked mullet, fresh or frozen
- 1/2 cup cooked, drained garbanzo beans
- 1/2 medium head lettuce, torn into 2" pieces
- 1 large peeled avocado, cut into 1" pieces
- 1 medium tomato, chopped
- 1 cup diagonally sliced celery
- 1/2 cup chopped green onions
- 1/2 cup grated carrot
- 1 cup shredded mild Cheddar cheese
- 1/2 cup buttermilk-style salad dressing
- 1 package (4 oz.) tortilla chips, lightly crushed

Instructions

1. Thaw fish if frozen. Remove skin and bones.
2. Break fish into bite-size pieces.
3. Combine all ingredients except salad dressing and tortilla chips. Toss well.
4. Add dressing and tortilla chips and serve immediately.

SOUTH-OF-THE-BORDER SALAD **FLORIDA SEAFOOD**

Florida Department of Natural Resources
Bureau of Marketing and Extensions Services
3900 Commonwealth Blvd.
Tallahassee Florida 32303

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