



## Avocado Spinach Salad

### Ingredients

- 2 pounds fresh baby spinach (you can use non baby spinach but you can also shampoo your hair with feral cats...we suggest the baby spinach)
- 2 teaspoons lemon juice
- 3 tablespoons extra virgin olive oil (or just kinda virgin olive oil it's pretty rude to ask)
- ½ tablespoon ground sea salt (table salt is fine but not as fancy)
- ½ tablespoon ground black pepper
- 8 ounces feta cheese
- 8 ounces roasted walnuts or pecans
- 3 small avocados
- ½ of a small red onion (optional...in fact I suggest leaving this off if you ever want to be around a human again but if loneliness is your thing eat the onion)

### Preparation

- Chop onion into bite size bits (or light it on fire and fling it with a large catapult into a dirty pond whatever you want to do)
- De peel the avocado and slice it into nice bite size chunks
- Wash spinach and let dry well.
- In a small bowl mix the lemon juice, olive oil, salt and pepper, well...if you like hit it with a little soy sauce.
- Mix spinach, avocados, pecans, feta cheese, dressing, and...if you really hate yourself and everyone around you the onions.
- Let sit for about 20 seconds or less before you dive in....it's delicious. You can also add a little shrimp or chicken to it and voila main course.