

# Refreshing ham and fruit salad with Agen prunes

Preparation :  
**10 minutes**

Difficulty :  
**Easy**



Photo : Photothèque BIP



**SERVES 6**



## INGREDIENTS

- 1 lettuce or other green salad
- 2 avocados
- 1/2 grapefruit
- 8 pitted Agen prunes
- 3 slices of Parma ham
- Oil, lemon, mustard, salt, pepper and whichever herbs you prefer for the vinaigrette.

## PREPARATION

Wash the lettuce.

Slice the avocados, prunes and ham into strips.

Peel the grapefruit.

Mix the lettuce, avocados, prunes, ham and grapefruit together.

Dress with a herb and lemon juice vinaigrette.



*Agen prunes come from plum trees, in particular the Ente plum variety, and are grown in a defined area around the town of Agen.*