

Avocado Garden Salad

From the California Dept. of Public Health and the Network for a
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Lunch/Avocado-Garden-Salad.pdf>

Ingredients

- 6 cups torn or cut mixed salad greens
- 3 medium tomatoes, chopped
- 5 green onions, chopped
- 1 small cucumber, peeled and chopped
- 2 tablespoons lemon juice
- 1/3 tsp garlic powder
- 1/2 tsp ground black pepper
- 1/2 tsp salt
- 1 large avocado

Instructions

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Makes 6 servings (1½ cup per serving)

Nutrition information per serving:

Calories 78
Carbohydrate 9 g
Dietary Fiber 4 g
Protein 2 g
Total Fat 5 g
Saturated Fat 1 g
Trans Fat 0g
Cholesterol 0 mg
Sodium 222 mg



Wellness Center