

Orange-Avocado Salad

This is a colorful salad filled with fiber and a dose of heart-healthy fat. You will have leftover dressing to use on another salad (it keeps in the fridge for up to four days). Add grilled shrimp or chicken to make a meal.

Ingredients

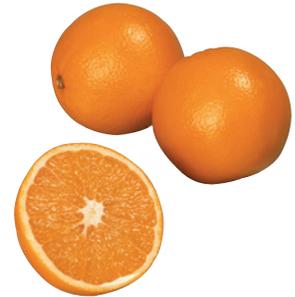
- 8 cups mixed salad greens
- 1 cup orange segments
- 1 avocado, diced
- 1/4 cup slivered red onion
- 1/2 cup dressing (see below)

Dressing:

- 1 cup packed cilantro
- 1/4 cup extra-virgin olive oil
- 1/3 cup lime juice
- 1/3 cup orange juice
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 clove of minced garlic

Preparation

1. Purée cilantro, olive oil, lime juice, orange juice, salt, pepper and garlic in a blender or food processor until smooth.
2. Toss salad ingredients together and gently mix in 1/2 cup of the dressing.



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 186

Fat 14g

Saturated Fat 2g

Cholesterol 0mg

Sodium 142mg

Carbohydrate 13g

Dietary Fiber 6g

Protein 2g

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