



Vegetable Salad with Tangy Avocado Dressing

This recipe uses avocado to make a creamy, healthy dressing that tastes great.

Makes 4 servings. *1½ cups per serving.* | **Prep time:** 20 minutes

- 8 cups shredded romaine lettuce**
- ½ cup peeled and chopped cucumber**
- ½ cup peeled and chopped jicama**
- ½ cup frozen peas, thawed**
- ¼ cup finely chopped red onion**
- 1 ripe avocado, peeled and pitted**
- ½ cup 100% orange juice**
- 2 tablespoons lime juice**
- ½ teaspoon garlic salt**

1. Toss lettuce, cucumber, jicama, peas, and onion together in a large bowl.
2. In a blender container, add avocado, orange and lime juices, and garlic salt; cover with a tight fitting lid, and blend until smooth.
3. Add dressing to salad and toss well to coat. Serve immediately.

tip: Blend ¼ cup fresh cilantro leaves with dressing for extra flavor.



**Nutrition
information
per serving:**

Calories

160

Carbohydrate

25 g

Dietary Fiber

6 g

Protein

4 g

Total Fat

6 g

Saturated Fat

1 g

Trans Fat

0 g

Cholesterol

0 mg

Sodium

150 mg