



MINUTES

AVOCADO SIDE SALADS

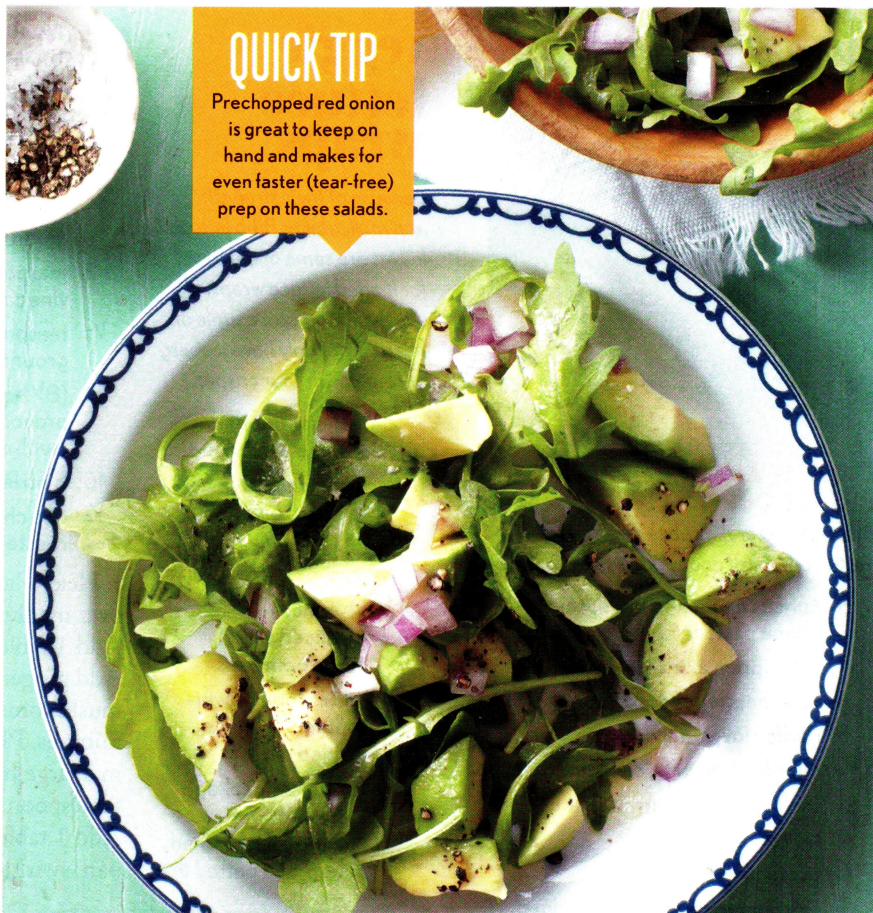
1
SIMPLE AVOCADO SALAD

- 2 tablespoons chopped red onion
- 1½ tablespoons lime juice
- 1½ tablespoons extra-virgin olive oil
- 1 large diced peeled ripe avocado
- 4 cups baby arugula
- ¼ teaspoon salt
- ¼ teaspoon black pepper

1. Combine onion, lime juice, and olive oil in a small bowl, stirring with a whisk. Add avocado; toss gently to combine. Divide arugula among 4 salad plates; top evenly with avocado mixture. Sprinkle evenly with salt and pepper.

SERVES 4 (serving size: 1 salad)

CALORIES 134; **FAT** 12.6g (sat 1.8g, mono 8.6g, poly 1.5g); **PROTEIN** 2g; **CARB** 6g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 155mg; **CALC** 41mg



QUICK TIP

Prechopped red onion is great to keep on hand and makes for even faster (tear-free) prep on these salads.

2

SHRIMP AND AVOCADO SALAD

Combine 2 tablespoons chopped red onion, 1½ tablespoons lime juice, 1½ tablespoons extra-virgin olive oil, 1 tablespoon chopped fresh cilantro, ¼ teaspoon salt, and ¼ teaspoon black pepper in a medium bowl; stir with a whisk. Add 4 ounces peeled and deveined boiled shrimp, cut into small pieces, and 1 diced peeled ripe avocado; toss. Divide 4 cups mixed greens among 4 plates.

Arrange shrimp mixture over greens; sprinkle with 1 tablespoon cilantro.

SERVES 4 (serving size: 1 salad)

CALORIES 154; **FAT** 12.9g (sat 1.8g); **SODIUM** 197mg



3

SRIRACHA BLT AVOCADO SALAD

Combine 2 tablespoons chopped red onion, 1½ tablespoons canola mayonnaise, 2 teaspoons Sriracha, and 2 teaspoons lemon juice in a small bowl; stir with a whisk. Combine ½ cup diced tomato, 1 diced peeled ripe avocado, and 2 slices cooked and crumbled bacon in a medium bowl; toss to combine. Divide 4 cups baby spinach leaves among 4 plates; top evenly with avocado mixture. Drizzle with Sriracha mayo; sprinkle with ¼ teaspoon black pepper.

SERVES 4 (serving size: 1 salad)

CALORIES 159; **FAT** 13.2g (sat 2g); **SODIUM** 223mg



4

EDAMAME AND RAMEN AVOCADO SALAD

Combine 2 tablespoons chopped red onion, 1 tablespoon lime juice, 1 tablespoon lower-sodium soy sauce, and 1 tablespoon dark sesame oil; stir with a whisk. Crush noodles from 1 (3-ounce) package ramen noodle soup (discard seasoning). Add ⅓ cup crushed noodles, ⅓ cup cooked edamame, and 1 diced peeled ripe avocado to soy sauce mixture; toss gently. Divide 4 cups chopped romaine lettuce among 4 plates; top with avocado mixture. Top with sections from 1 clementine.

SERVES 4 (serving size: 1 salad)

CALORIES 161; **FAT** 11.4g (sat 1.6g); **SODIUM** 178mg

