

Avocado Salad in a Fresh Lemon Dressing

Serving Size: one sixth of recipe

Serves: 6

Ingredients

1 tablespoon extra virgin olive oil
4 tablespoons fresh lemon juice
1 clove garlic, minced
2 sprigs fresh basil, julienne cut
¼ teaspoon salt
ground black pepper to taste
9 roma tomatoes, quartered
1 bell pepper, seeded and sliced
1 medium yellow onion, thinly sliced
2 small avocados, sliced

Directions

Combine the oil, lemon juice, garlic, basil, salt and pepper in a medium bowl.
Add the vegetables and gently stir to distribute the dressing.
Serve in chilled salad bowls.

Exchanges per serving:

2 Vegetables, 2 Fats

Nutrients per serving:

Calories: 157
Calories from fat: 104
Total Fat: 12g
Cholesterol: 0mg
Sodium: 29mg
Carbohydrate: 13g
Dietary Fiber: 6g
Protein: 3g