

Avocado Summer Salad

Serving Size: 1/12 of recipe

Serves: 12

Ingredients

3 tablespoons olive oil
Juice of 2 lemons
1 tablespoon fresh parsley
Pinch of salt
1/4 teaspoon coarse ground black pepper
2 jalapeno peppers, seeded and finely chopped
1 clove garlic, minced
1/2 sweet onion, finely chopped
3 cups grape tomatoes
6 large avocados, cut into coarse chunks

Directions

1. In a large mixing bowl, combine the first 7 ingredients.
2. Add the onion and tomatoes and mix to coat.
3. Fold in the avocados and gently stir to combine.

Exchanges per serving:

2 Vegetables, 3 Fats

Nutrients per serving:

Calories: 203
Calories from fat: 154
Total Fat: 18g
Cholesterol: 0mg
Sodium: 18mg
Total Carbohydrate: 12g
Dietary Fiber: 7g
Protein: 2g