



Avocado Arugula Salad

Servings: 4 (95 g)
Prep Time: 10 Minutes



- Ingredients**
- For the dressing:

 - Juice and zest of 1 lime
 - 2 T. hummus
 - ½ ripe avocado, mashed
 - 1 T. chives, finely minced
 - 1 med. carrot, finely shredded
- For the salad:

 - ⅓ t. salt
 - Freshly ground black pepper, to taste
 - 3 c. arugula
 - ¼ c. golden raisins
 - 2 T. pistachios, crushed

- Directions**
1. In a medium bowl, whisk together all dressing ingredients until smooth.
 2. Gently toss dressing with arugula.
 3. Divide dressed arugula in bowls and top with raisins and pistachios.

Nutritional analysis per serving: Calories 120; Calories from Fat 60; Total Fat 6.5 g (9% Daily Value); Saturated Fat 1 g (5% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 120 mg (5% DV); Total Carbohydrate 16 g (5% DV); Dietary Fiber 4 g (16% DV); Sugars 7 g; Protein 3 g; Vitamin A 60% DV; Vitamin C 20% DV; Vitamin K 35% DV; Calcium 6% DV; Iron 6% DV.

For more recipes, visit [GuidingStars.com](https://www.guidingstars.com)
© 2015 Guiding Stars Licensing Company. All rights reserved.

February							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6						1	2
7	8	9	10	11	12	13	3	4	5	6	7	8	9
14	15	16	17	18	19	20	10	11	12	13	14	15	16
21	22	23	24	25	26	27	17	18	19	20	21	22	23
28	29						24	25	26	27	28	29	30

March

TIP: The ripest avocados are best for this thick dressing. Pop off the bit of stem at the top of the fruit and look for the hint of bright green flesh.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	1 National Nutrition Month	2	3	4	5
6	7	8	9	10	11	12
13 Daylight Saving Time Begins	14	15	16	17 St. Patrick's Day	18	19
20 First Day of Spring Palm Sunday	21	22	23 Purim Begins	24	25 Good Friday	26
27 Easter	28	29	30	31	1	2