

Avocado Arugula Salad ★★

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

★ = Good; ★★ = Better; ★★★ = Best

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
- ⅛ t. salt
- Freshly ground black pepper, to taste

For the salad:

- 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.

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