

Chopped Colorful Veggie Salad

Makes 6 servings; 1 cup per serving
Per serving: 156 Calories; 1.1 g Saturated Fat; 16 mg Sodium

Ingredients

2 cups kale OR
spinach, chopped

1 ½ cups frozen
cucumber (Zucchini) " 1 cup peeled, chopped

½ cup
red onion

1 avocado,
diced

2 tablespoons
lime juice

1 tablespoons
olive oil

Pepper

Tools Needed

Fork

Measuring
cups & spoons

Knife

Cutting board

1 Large bowl
& 1 small bowl

Directions

1

Using your knife and cutting board, chop the kale or spinach, tomatoes, cucumber, red onion and avocado.

2

In a large bowl, combine:

2 cups of greens,
1 ½ cups corn,
½ cup edamame,
1 cup tomatoes,
1 cup cucumber,
½ cup red onion
and avocado.

3

In a small bowl, whisk together 2 tablespoons of lime juice with 1 tablespoon of olive oil with a fork.

4

Toss lime juice and oil mixture with the salad.