



AVOCADO & CUCUMBER SALAD WITH KIWI LIME DRESSING

Final Lifestyle

Ingredients:

1 large Florida avocado
1 medium cucumber, peeled and diced
1/8 cup chopped sweet onion or green onion (white part only)
Juice of 1 lime
2 TBS Extra Virgin olive oil
Pinch or two of Himalayan or sea salt, to taste
Pinch of freshly ground black pepper (optional)
1 TSP Chili powder
1 kiwi, peeled and chopped

Instructions

1. Add avocado, cucumber and sweet onion to a bowl.
2. Whisk together lime juice, oil, salt and pepper, and chili powder until dressing comes together (emulsifies).
3. Toss kiwi into dressing. Pour over salad.
4. Toss salad ingredients together to coat with dressing. Chill until ready to serve.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1/2 cup = 1/2 V, 1 FT

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