



## Green Salad



Yield 4 servings

### Ingredients:

- 4 Cups mixed salad greens
- 1 Avocado peeled, pitted, and cubed
- 4 Tbsp. olive oil
- 2 Tbsp. white wine vinegar
- 1 Tbsp. dijon mustard
- 1/2 Tsp. ground black pepper
- 1 Tsp. chopped fresh parsley
- 1 Tsp. fresh lemon juice
- 2 Cloves garlic, chopped
- 1/2 Cup sliced almonds

### Preparation:

In a large bowl, whisk together olive oil, white wine vinegar, mustard, pepper, parsley, lemon juice and garlic. Add the avocado, and stir to coat with the dressing. Just before serving, add the salad greens, and toss to coat with dressing. Sprinkle with sliced almonds.

### Nutritional information per serving:

Calories 70, Fat 7gm,  
Saturated fat 1gm,  
Carbohydrates 2gm,  
Fiber 1gm, Sodium 20mg.

Source: recipezaar.com

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)  
Rev. 1/2010



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