

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 1/2 cups frozen corn (thawed)



1/2 cup shelled frozen edamame (thawed)



1 cup chopped tomatoes



1 cup peeled, chopped cucumber



1/2 cup red onion



1 avocado, diced



2 tablespoons lime juice



1 tablespoons olive oil



Pepper

Tools Needed



Measuring cups & spoons



Fork



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.
Season with pepper to taste.



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