

Chopped Colorful Veggie Salad

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

Ingredients

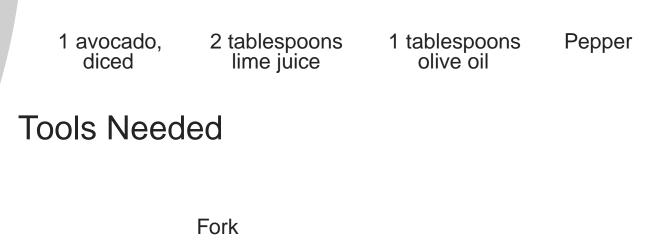
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ion.

2 cups kale OR spinach, chopped

1 ½ cups frozen cươn tábên Zîí%à) " Íp cup peeled, chopped

> ¹/₂ cup red onion



Measuring cups & spoons

Knife

Cutting board

1 Large bowl & 1 small bo wl

Directions



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



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.

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



Toss lime juice and oil mixture with the salad.