

ARUGULA AND AVOCADO SALAD

This recipe makes 1 serving



INGREDIENTS

1 cup arugula
1 small radish, diced
1 tbsp balsamic vinaigrette (or make your own with a mix of olive oil, balsamic vinegar, salt, pepper and garlic)

1/4 avocado, sliced
1 small carrot, sliced thin



EQUIPMENT

Knife
Chopping board
Bowl
Spoon

NUTRITION FACTS PER SERVING

Calories: 128
Total Fat: 9.9g
Saturated Fat: 2.1g
Sodium: 44mg
Potassium: 482mg
Carbs: 10.0g
Fiber: 4.9g
Sugars: 3.2g
Protein: 1.9g



METHOD

Mix all ingredients together in a bowl and enjoy the perfect marriage of flavours!

