

# CABBAGE AND AVOCADO SALAD\*

## ENSALADA CHILENA DE REPOLLO Y PALTA

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Cabbage, medium, rinsed, chiffonade	½ hd.
Avocado	2 ea.
Lemon juice	¼ cup
Canola oil	3 Tbsp.
Salt	as needed

### **Method**

1. Place the cabbage in a salad bowl, add the avocado, mix in the lemon juice, oil, and salt to taste. Let the salad marinate for 10 minutes covered in the refrigerator.

### **Nutrition Information (per portion/serving, prepared with ½ teaspoon added salt)**

Calories: 155/Protein: 2 g/Carbohydrate: 9 g/Fiber: 5 g

Saturated fat: 1.5 g/Polyunsaturated fat: 5.5 g/Monounsaturated fat: 6 g

Trans fat: 0 g/Sodium: 175 mg / Potassium: 370 mg / Added sugar: 0 g

*\*This recipe meets all HKHL Recipe Nutrition Goals for a side dish.*

Source: Iliana de la Vega, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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