



Heart
Healthy

Avocado Lentil Spinach Salad

Ingredients

- 2 cups boiled green or white lentils
- 1 cup ripe avocado, chopped
- 4 cups spinach leaves, roughly chopped
- 1 sliced lemon
- 1 tbsp salt
- 4 tbsp extra virgin olive oil [optional]
- ¼ cup blueberries
- 2 mandarin oranges, sliced
- 4 tbsp pomegranate seeds

Directions

1. Combine all ingredients in a large bowl in no particular order. Leave a little pomegranate seeds and mandarins out for garnish.
2. Garnish pomegranate seeds and mandarin orange.
3. Serve immediately, Enjoy!

Healthy Tip: Olive oil is heart healthy fat!

Calories 315

Total Fat 13 g

Saturated Fat 1 g

Cholesterol 0 mg

Sodium 327 mg

Total Carbohydrate 40 g

Dietary Fiber 10 g

Sugars 19 g

Protein 12 g