



# Orange Avacado Salad



Where service *and savings* matter.

**SERVINGS:** 4

**INGREDIENTS:**

- 8 cups mixed salad greens
- 1 cup orange segments
- 1 avocado, diced
- ¼ cup slivered red onion
- ½ cup Cilantro-Lime Vinaigrette (recipe follows)

**NUTRITIONALS**

Nutritional analysis per serving:  
 calories 240, calories from fat 170,  
 total fat 19g, saturated fat 2.5g,  
 cholesterol 0mg, sodium 150mg,  
 total carbohydrate 18g, dietary  
 fiber 7g, sugars 9g, protein 3g,  
 vitamin A 70%, vitamin C 90%,  
 calcium 8%, iron 10%

**DIRECTIONS:**

1. Toss greens, orange segments, avocado and onion in a salad bowl.
2. Toss with Cilantro-Lime Vinaigrette

# Cilantro-Lime Vinaigrette

**SERVINGS:** 1 ¼ cups, 20 servings

**INGREDIENTS:**

- 1 cup packed cilantro
- ½ cup extra-virgin olive oil
- 2 Tbsp lime juice (1/2 large lime)
- ¼ cup orange juice
- 2 Tbsp honey
- ½ tsp salt
- ½ tsp pepper
- Pinch of minced garlic

**NUTRITIONALS**

Nutritional analysis per serving:  
 calories 60, calories from fat 50,  
 total fat 6g, saturated fat 1g,  
 cholesterol 0mg, sodium 60mg,  
 total carbohydrate 2g, dietary  
 fiber 0g, sugars 2g, protein 0g,  
 vitamin A 2%, vitamin C 4%,  
 calcium 0%, iron 0%

**DIRECTIONS:**

Puree cilantro, olive oil, lime juice, orange juice, honey, salt, pepper and garlic in a blender or food processor until smooth.

source: adapted from eatingwell.com

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

## Orange Avacado Salad ★ and ★ Cilantro-Lime Vinaigrette

# Shopping List

**PRODUCE:**

- 8 cups mixed salad greens
- 2 oranges
- 1 avocado
- 1 red onion
- Cilantro
- 1 large lime

**SPICES/SEASONINGS:**

- Salt
- Pepper
- Minced garlic

**GROCERY/FROZEN/  
MISCELLANEOUS:**

- Extra-virgin olive oil
- Orange juice
- Honey

FOLD