



Catholic Health Initiatives

Imagine better health.®

Avocado Butter Lettuce Salad and Lemon Dressing

Serves 1

Prep time: Approximately 5 minutes

Ingredients:

- 4 leaves of butter lettuce
- 1/3 cup roughly chopped red leaf lettuce
- 1/2 avocado, sliced
- 1/4 cup cucumber, thinly sliced
- 1/4 cup sliced almonds
- 1 oz. fat-free goat cheese, crumbled
- 1 radish, thinly sliced

Lemon Vinaigrette Dressing:

- 2 tbsp. fresh lemon juice
- 4 tbsp. olive oil
- 1 garlic clove, minced
- 1/3 tsp. red pepper flakes
- 1/4 tsp. dry basil
- Salt and pepper to taste

Directions:

For the dressing, add lemon juice, garlic, red pepper flakes, dry basil, salt and pepper to a small bowl. Then, slowly drizzle in olive oil while whisking until ingredients are combined. In another bowl, layer the salad starting with the butter lettuce, red leaf lettuce, avocado and cucumber. Sprinkle on the almonds, goat cheese and radish. Pour the dressing on the salad or serve it on the side. Enjoy this fresh salad for a lite lunch or add a piece of grilled chicken or fish for an added source of protein.



Fast & Healthy

Harvest of the Month

butter lettuce