

Jane Maksoud, RN, MPA

Tomato, Avocado, and Arugula Salad with Avocado, Lemon, and Olive Oil Dressing

200 calories per serving

Cost per serving \$1.50

Makes 4 servings

Ingredients

Salad:

5 ounces baby arugula

2 hard-boiled eggs, peeled and sliced into small pieces

1 cup grape tomatoes, halved

1 Hass avocado, peeled, pitted and diced into 1/2-inch pieces

Dressing:

½ avocado – mashed

2 ½ tablespoons extra virgin olive oil

2 tablespoons fresh lemon juice

Kosher salt and freshly ground pepper to taste

Preparation

For dressing:

In a large bowl, mash the avocado with the fresh lemon juice. Then, gradually whisk in the olive oil and season with salt and pepper.

Salad assembly:

Add the arugula, tomatoes, avocado, and hard-boiled eggs to the dressing in the large bowl.

Toss gently to coat the salad with the dressing. Serve.