

## Week 3: Forest Feast Green Salad

**Total Servings: 6**

**Calories per serving: about 130**

**Cost per serving: \$3.31**

### **Ingredients:**

2 scallions - chopped  
1 small cucumber - chopped  
1 green pear - chopped  
2 stalks celery - chopped  
1/2 avocado - chopped  
1/4 cup shelled pistachios - chopped  
1/4 cup fresh basil leaves - chopped  
1 cup shelled edamame beans - whole

### **Dressing:**

1 lime -- juice  
2 tbsp olive oil  
1/2 tsp salt

### **Preparation:**

Place all of the chopped ingredients in a bowl and add the shelled edamame.

Mix together the juice from the lime, the olive oil, and salt. Shake well to combine; pour the dressing over the salad.