

Week 5: Summer Salad

Servings per recipe: 1

Calories per serving: 487 (with avocado), 370 (without avocado)

Cost per serving: \$7.10 (with avocado), \$5.35 (without avocado)

Ingredients

½ pint cherry tomatoes, halved

½ jalapeno, sliced

1 cup mini sweet bell peppers, chopped

1 cucumber, diced

½ avocado, sliced (optional)

Dressing

1 tbsp Dijon mustard

1/8 cup olive oil

1 tsp apple cider vinegar

Cracked black pepper

Preparation

Cut up all ingredients and place them in a bowl. To make the dressing, start with the Dijon mustard and slowly whisk in the olive oil, followed by the apple cider vinegar. Drizzle the dressing and grind some black pepper over the top of the salad. Toss the salad to combine, and enjoy!