



Avocado Lentil Salad

10 Servings • 1 Serving = ¼ cup

Tips on Avocados



How To Store

Store avocado on countertop if not ripe. Once ripe, refrigerate.



How To Use

Add to salad, make into guacamole, or use as a sandwich spread.



Health Benefits

Heart health & promotes healthy cholesterol levels & lowers risk of some cancers.

INGREDIENTS

- 1/8 teaspoon of garlic powder or 1 small garlic clove, finely chopped
- ¼ teaspoon of sea salt
- 1 Tablespoon of lemon juice
- 1 Tablespoon of extra virgin olive oil
- 2 cups of cooked lentils, no salt add
- ½ cup of fresh avocado, diced, approximately 1 small avocado
- ¼ cup of fresh cilantro, coarsely chopped
- ¼ cup of toasted almonds, coarsely chopped

DIRECTIONS

1. Combine garlic and lemon juice in a bowl.
2. Whisk in the olive oil. Let dressing sit for a few minutes.
3. In a large bowl, combine the cooked lentils with the dressing.
4. Toss in the avocado.
5. Top with cilantro and almonds.
6. Enjoy!

Nutrition Facts	
10 servings per container	
Serving size	1/4 cup (59g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.6mg	8%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FIND MORE RECIPES

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The Culinary Nutrition Education
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Ensalada De Aguacate Y Lentejas

10 Porciones • 1 Servicio = ¼ taza

Consejos sobre el aguacate



Cómo almacenar

Guarda el aguacate en la encimera si no está maduro. Una vez maduro, refrigéralo.



Cómo utilizar

Agrégallo a la ensalada, prepáralo como guacamole o úsalo como untado para sándwiches.



Beneficios de la salud

Salud del corazón, promueve niveles saludables de colesterol y reduce el riesgo de algunos tipos de cáncer.

INGREDIENTES

- 1/8 cucharadita de ajo en polvo o 1 diente de ajo pequeño, finamente picado
- ¼ cucharadita de sal marina
- 1 cucharada de jugo de limón
- 1 cucharada de aceite de oliva virgen extra
- 2 tazas de lentejas cocidas
- ½ taza de aguacate fresco, en cubos, aproximadamente 1 aguacate pequeño
- ¼ taza de cilantro fresco picado grueso
- ¼ taza de almendras tostadas picado grueso

DIRECCIONES

1. Combina el ajo y el jugo de limón en un tazón.
2. Bate el aceite de oliva. Deja reposar el aderezo unos minutos.
3. En un tazón grande, mezcla las lentejas cocidas con el aderezo.
4. Agrega el aguacate.
5. Decora con cilantro y almendras.
6. ¡Disfruta!

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