

# Avocado and Lentil Salad

4 Servings • 1 Serving = ½ Cup Lentils and ¼ Small Avocado

Recipe adapted from 101cookbooks.com



## INGREDIENTS

- 1 small garlic clove
- ¼ teaspoon sea salt
- 1 Tablespoon lemon juice
- 2 Tablespoons extra virgin olive oil
- 2 cups cooked lentils
- 1 small avocado
- ¼ cup fresh cilantro, roughly chopped
- ¼ cup toasted almonds, roughly chopped

## DIRECTIONS

1. Combine the garlic clove with sea salt in a mortar and pestle. Pound until a paste forms. Scoop into a bowl and add the lemon juice. Whisk in the olive oil. Let dressing sit for a few minutes.
2. In a large bowl, combine the cooked lentils with the dressing. Toss to combine, and then spoon out on a platter.
3. Cut the avocado in quarters, slice thinly, and spread on top of the lentils. Squeeze more lemon juice and top with cilantro and almonds.

## Nutrition Facts

4 servings per container  
Serving size 1/2 cup lentils  
with 1/4 avocado

Amount per serving  
**Calories 280**

% Daily Value\*

Total Fat 16g 21%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 15%

Total Carbohydrate 24g 9%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 4mg 20%

Potassium 535mg 10%

\*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.

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