

Blueberry Avocado Salad

Ingredients:

4 cups baby arugula
1/2 cup fresh blueberries
3/4 cup red grapes, sliced in half
1 ripe avocado, diced
3 tablespoons pecans
1/4 cup feta cheese (optional)

For the Dressing:

1/2 cup extra-virgin olive oil
1/4 cup balsamic vinegar
2 tablespoons honey
salt and pepper to taste

Directions:

1. Dressing: Place all ingredients in a bowl or mason jar and whisk until well combined. Set aside. Extra dressing can be stored in an air-tight container for up to 10 days.
2. Salad: Place greens, fruit, avocado, nuts, and cheese into a bowl. Dress lightly and toss. Serve.

Nutrition Facts	
Serving Size 1/2 cup (132g)	
Servings Per Container 6	
Amount Per Serving	
Calories 310	Calories from Fat 250
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% Daily Value*	
Total Fat 27g	42%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 3g	
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Vitamin A 10%	• Vitamin C 15%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: <http://www.theorganickitchen.org>

