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

Nutrition Facts
Serving Size 1/2 cup (132g)
Servings Per Container 6

Amount Per Serving

Calories 310	Calories from Fat 250
	% 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	

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

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.

For more information, please contact:
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