



Lemon juice

2 tablespoons fresh lemon juice



Salt

1/8 teaspoon salt



Pepper

1/4 teaspoon pepper

Red hot-pepper sauce

1/4 teaspoon red hot-pepper sauce



Dressing

Fanned Avacado



Salad

Cilantro

1/2 cup chopped fresh cilantro



Cucumber

1/2 medium cucumber, peeled and sliced



Spinach

18 medium spinach leaves



Ingredients

Salad

1 ounce fat-free feta cheese, crumbled



Feta cheese

Tomatoes

1 (14.5-ounce) can no-salt-added diced tomatoes, undrained



Avocado

1 medium avocado, thinly sliced



Directions

Fanned Avacado

Salad





Amount per serving
70 Calories

Fanned Avacado

Salad



In a small bowl,
whisk together
the dressing ingredients.

Directions



Diabetes
360°



Fanned Avacado

Salad



On a platter, decoratively
arrange the spinach,
cucumber, tomato, and avocado.

Directions



Amount per serving
70 Calories

Fanned Avacado

Salad



Pour the dressing over all.
Sprinkle with the cilantro & feta.

Directions



Diabetes
360°