

Chopped Salad with Cilantro Lime Dressing

Serving size: ½ cup

Prep time: 25 minutes

Total time: 25 minutes

Ingredients

Salad

- 4 cups thinly sliced romaine lettuce
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 2 plum tomatoes, seeded and diced
- ½ cup peeled and diced cucumber
- 1 cup canned black beans

Dressing

- 2 tablespoons cider vinegar
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped cilantro
- 2 teaspoons honey
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup olive oil
- 2 tablespoons toasted pumpkin or sunflower seeds



Preparation

1. Place the lettuce on a platter. In rows, arrange the carrots, celery, plum tomatoes, cucumber, and black beans.
2. Prepare the salad dressing. Whisk together the cider vinegar, lime juice, cilantro, honey, salt, and pepper. Slowly drizzle in the oil, whisking to incorporate.
3. Drizzle on the dressing. Top with toasted pumpkin or sunflower seeds

Nutritional Facts:

Calories: 140
Fat: 9 g
Carbohydrate: 11 g
Sugar: 4 g
Fiber: 4 g
Protein: 4 g
Cholesterol: 0 mg
Sodium: 210 mg

Adjusted from: www.diabetes.org/mfa-recipes