Avocado-Infused Mixed Greens Salad

Fresh mixed greens tossed with creamy avocado cubes and premium extra virgin olive oil for a light, nourishing salad perfect for weight-conscious eaters.

Servings: 2 **Time:** 10 minutes

Ingredients

- 4 cups mixed salad greens (spinach, arugula, romaine)
- 1 ripe avocado, diced into 1/2-inch cubes
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped fresh parsley
- 1 tablespoon toasted pumpkin seeds (optional for added protein)

Instructions

1. Rinse and dry the mixed salad greens thoroughly.
2. In a large bowl, combine the greens with diced avocado carefully to avoid mashing.
3. In a small bowl, whisk together the extra virgin olive oil, lemon juice, sea salt, and black pepper until emulsified.
4. Drizzle the dressing over the greens and avocado gently.
5. Toss the salad lightly to coat all ingredients without bruising the avocado.
6. Sprinkle chopped parsley and toasted pumpkin seeds on top for added flavor and protein.
7. Serve immediately for optimal freshness.

powered by dishgen