

## Avocado Salad

**You'll Need:** A knife, a cutting board, a large bowl, a large spoon

**Preparation Time:** 20 minutes

Ingredients	Amount for two
Iceberg lettuce	2 cups
Tomato, cut into wedges	1 medium
Apple, sliced thinly	1 medium
Avocado, sliced	1 medium
Shredded cheddar cheese	¼ cup
Grated lime rind and drizzle of lime juice	To taste

### Method:

Step 1: Toss all ingredients

Step 2: Top with dressing

### Nutrients per serving

**Calories:** 270kcal

**Sodium:** 140 mg

**Fat:** 19g

**Fiber:** 8g

**Carbohydrates:** 23g

**Protein:** 8g