



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

Fat: 19g

Carbohydrates: 23g

Sodium: 140 mg

Fiber: 8g

Protein: 8g

Source: Adapted from "Diabetes Meals for Good Health". Karen Graham. 2nd Edition. Canadian Diabetes Association. 2012.