





## Chopped Colorful Veggie Salad

Makes 6 servings; 1 cup per serving Per serving: 156 Calories; 1.1 g Saturated Fat; 16 mg Sodium

## Ingredients



2 cups kale OR spinach, chopped



 $1\frac{1}{2}$  cups frozen corn (thawed)



½ cup shelled frozen edamame (thawed)



1 cup chopped tomatoes



1 cup peeled, chopped cucumber



½ cup red onion



1 avocado, diced



2 tablespoons lime juice

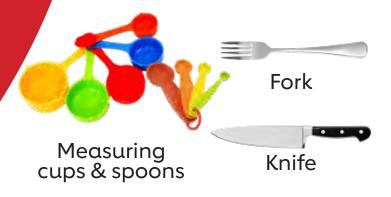


1 tablespoons olive oil



Pepper

## **Tools Needed**





Cutting board



1 Large bowl &1 small bowl

## **Directions**



Using your knife and cutting board, chop the kale or spinach, tomatoes, cucumber, red onion and avocado.





In a large bowl, combine:

2 cups of greens,

1½ cups corn,

½ cup edamame,

1 cup tomatoes,

1 cup cucumber,

½ cup red onion

and avocado.





In a small bowl, whisk together 2 tablespoons of lime juice with 1 tablespoon of olive oil with a fork.





Toss lime juice and oil mixture with the salad. Season with pepper to taste.



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