



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

AVOCADO & WALNUT SALAD

Time: 20 minutes

Serves: 4

Ingredients:

½ cup walnut pieces
2 teaspoons white wine vinegar
¼ teaspoon kosher salt
2 tablespoons cold-pressed canola oil
¼ teaspoon fresh ground black pepper
5 ounces spring mix
½ white onion – finely sliced
1 avocado – pitted and cubed

Preparation:

Preheat a small pan on medium-high and add the walnuts, stirring often for five minutes or until just toasted.

In a small bowl, mix the vinegar, salt and pepper. Whisk in the canola oil.

Toss the spring mix and onions with the dressing.

Plate the salad topped with the toasted walnuts and avocado pieces.

Nutritional Information Per Serving:

Calories: 256

Fat: 24g

Carbs: 9g

Fibre: 5g

Protein: 4g