

Avocado Fruit Salad



Servings: 4

Nutrition Information:

24g carbohydrates

202 calories

8g fat

1g saturated fat

0mg cholesterol

90mg sodium

7g fiber

3g protein

Ingredients:

Dressing:

¼ cup honey

2 tbsps. red-wine vinegar

2 tbsps. chopped fresh mint

¼ tsp. ground black pepper

Pinch of salt

Salad:

4 cups fresh spinach

1 small avocado sliced

½ cantaloupe, sliced

1 ½ cups sliced strawberries

2 tsp. toasted sesame seeds

Directions:

1. Whisk together dressing ingredients in a small bowl and set aside.
2. Divide spinach among 4 plates. Arrange slices of avocado and cantaloupe in a fan on top of the spinach.
3. Top each salad with strawberries and drizzle with dressing. Sprinkle the top of each salad with sesame seeds.