



simply healthy

from your Hannaford Dietitian

Baby Greens, Avocado and Mango Salad with Toasted Almonds

Serves: 4

Ingredients:

2 Tbsp. sherry vinegar
1/2 tsp. honey
1/4 tsp. Dijon mustard
1/8 tsp. McCormick® Garlic Powder
1 tsp. shallot, finely chopped
1/2 tsp. McCormick® Salt
1/4 tsp. McCormick® Ground Black Pepper
2 Tbsp. canola oil
2 Tbsp. extra virgin olive oil
4 cups Fresh Express® Baby Greens
1/4 cup red onion, thinly sliced
1 ripe mango, peeled and cut into chunks
1 Avocado from Mexico, halved, pitted, peeled and sliced
1/4 cup slivered almonds, lightly toasted



Directions:

1. To make vinaigrette: In bowl, combine vinegar, honey, mustard, garlic powder, shallot, salt and pepper; whisk together.
2. While whisking, slowly add oils until emulsified.
3. Place greens and onion in a large salad bowl.
4. Add half of vinaigrette; toss gently until greens are coated.
5. Top with mango and avocado; drizzle with remaining vinaigrette and almonds.

Nutritional Information

Amount per serving: Calories 281; Total Fat 22.7 g; Saturated Fat 3.1 g; Carbohydrate 20.2 g

Source: Adapted from Avocados from Mexico

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