# GUACAMOLE SALAD WITH JALAPEÑO-LIME DRESSING

Some people say that guacamole is the perfect food. Who am I to disagree? Turning it into a summer salad that you can bring to parties, BBQs, or even serving it as an easy lunch transforms everyone's favorite food into a meal.

## **INGREDIENTS**

6 cups arugula leaves
¼ red onion, thinly sliced
¼ cup cilantro, minced
½ pint grape tomatoes, quartered
1 avocado, peeled, deseeded, sliced
grilled chicken or shrimp (optional)
grilled corn (optional)
black beans (optional)
a few tortilla chips broken up
(optional)

### JALAPEÑO-LIME DRESSING

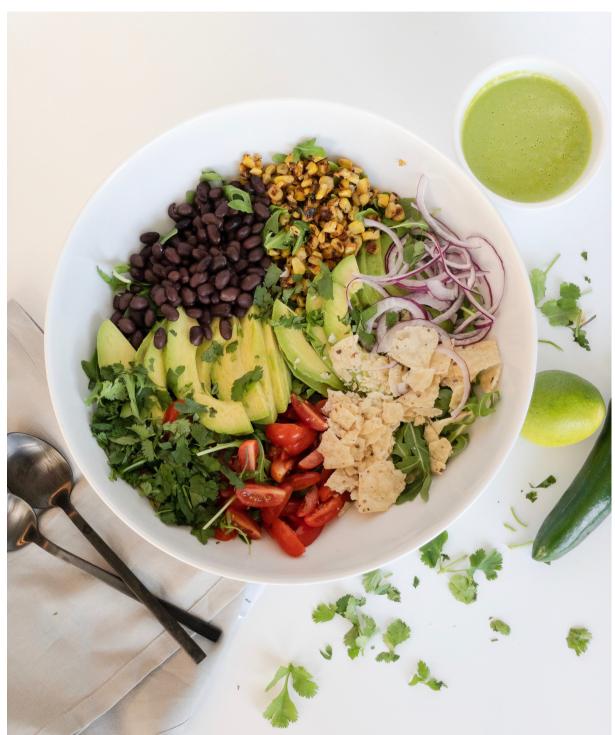
2 jalapeños, deseeded, roughly chopped
2 tablespoons cilantro
1 tablespoon honey
5 tablespoons avocado oil juice of 1 lime
1/4 teaspoon salt (adjust as needed) pinch of ground black pepper (adjust as needed)

## MAKES 4-6 SERVINGS

- 1 To make vinaigrette, place jalapeño, cilantro, honey, oil, lime juice, salt, and pepper in a small blender and blend through. Adjust to taste by adding more lime, cilantro, or salt. Let the dressing sit for 5 minutes as it will thicken.
- 2 In a large bowl, place the arugula, red onion, cilantro, tomatoes, and any grilled protein, corn or black beans. Add dressing to bowl and toss. Place avocado on top and tortilla chips.

#### **NOTES**

- Use any leftover proteins from weeknight dinners.
- To make this recipe grain free, use Siete brand tortilla chips or crisp up almond, cashew, or cassava tortillas and make them into chips.



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