

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
¼ 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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