



# Avocado Zucchini Salad with Lime

*A simple salad with a burst of zesty lime and few ingredients – the perfect start to a meal. This salad is low in calories but gives a boost of fibre, vitamin A, and iron, and is loaded with vitamin C. Pick a variety of yellow and green zucchinis for a more colourful dish and try substituting other fresh herbs such as flat-leaf parsley or basil for a deeper flavour profile!*

Prep: 15 minutes • Total: 20 minutes

## Ingredients:

Zucchini	4 small	4 small
Avocado	1	1
Extra virgin olive oil	2 Tbsp	30 mL
Lime juice	2 Tbsp	30 mL
Sugar	½ tsp	2 mL
Salt	To taste	To taste
Black pepper, freshly ground	½ tsp	2 mL
Fresh mint leaves, chopped	½ tsp	2 mL
Toasted almonds (optional)	1 ½ tsp	7 mL

## Directions:

1. Trim the zucchini. Using a vegetable peeler (straight or wavy), peel the zucchini lengthwise into long, thin strips. Set aside.
2. Peel and slice the avocado into 8 wedges. Set aside.
3. In a large bowl, whisk together the olive oil, lime juice, sugar, salt, and pepper.
4. Gently stir in the mint into the dressing.
5. Add the zucchini and avocado, gently tossing them to distribute the dressing evenly.
6. If using, sprinkle toasted almonds on top.
7. Serve immediately!

## Nutrition Facts

Serving Size (249g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 160	<b>Calories from Fat</b> 120		
% Daily Value*			
<b>Total Fat</b> 13g	<b>20%</b>		
Saturated Fat 2g	<b>10%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 15mg	<b>1%</b>		
<b>Total Carbohydrate</b> 11g	<b>4%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 5g			
<b>Protein</b> 4g			
Vitamin A 8%	• Vitamin C 70%		
Calcium 4%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from: Gary Rhodes 365

Makes 4 servings (249 g / serving) • 1 serving = ¼ recipe

**Prepared By:** Jennifer Broxterman, Registered Dietitian & Joyce Ho, BScH Foods & Nutrition student  
**NutritionRx** • **Email:** info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca