

Easy, Quick and Healthy Salad (Best for Dinner)

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Preparation Time: 7 min

Cooking time: -

Total Time: 7 min

Yields for: 2 people

Ingredients:

- Fresh green leaves already washed and disinfected (lettuce, spinach, Swiss chard, etc.)
- 1 chopped celery stick
- 1 grated carrot
- ½ large avocado or 1 small avocado
- 2 tbsp extra virgin olive oil
- Juice of 2 lemons
- Garlic powder
- Seasonings without salt
- Optional: chopped fruit such as apple or grapes
- Optional: Whole-grain or gluten-free pasta
- Accompany: With small packets of corn or cactus toasts or chips
- 1 protein to choose:
 - Chicken (when I cook chicken in lunch time, I cook the whole tray and always have chickens left over for dinner at night, so I do not cook at night)



- 1 to 2 cans of tuna without soy
- 1 to 2 cans of sardines
- 1 to 2 cans of mackerel
- 1 can of salmon wild caught

Instructions:

1. Mix all the ingredients in a bowl.

