



## Peach & Avocado Salad



Makes 6 servings

### **Ingredients:**

- 1 Cup fresh chopped peach
- 1 Lg, ripe avocado, & sliced
- 1 Cup diced fresh apple
- 8 oz. package mixed greens
- 1/4 Cup green onion
- 2 Tsp. honey
- 1 1/2 Tsp. dijon mustard
- 1/2 Tsp. ground cinnamon
- 1/4 Cup apple cider vinegar
- 2 Tb. olive oil
- 1/8 Tsp. salt
- 1/8 Tsp. ground black pepper

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

### **Dressing:**

Mix honey, mustard, and cinnamon together to create a smooth paste. Add oil until dressing is creamy. Stir salt and pepper to the mixture.

### **Preparation:**

Combine the salad greens with 1/4 cup of dressing in a large bowl. Add the avocado, apple, and peach.

### **Nutritional information for one**

**servings:** *Calories 130, Fat 4 gm, Fiber 5 gm, Cholesterol 0 mg, Protein 2 gm. Sodium 80 mg,*

Rev. 1/2010



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