

SUMMER AVOCADO RADISH SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 5 (1/2 cup) servings

Nutrition (per serving)

Calories: 160

Total Fat: 16 g

Saturated Fat: 2 g

Sodium: 240 mg

Total Carbohydrate: 8 g

Dietary Fiber: 5 g

Total Sugars: 0 g

Added Sugars: 0 g

Protein: 2 g

PREP TIME: 20 min



Ingredients

- 2 large avocados, cubed
- 1 cup radishes, diced
- 2 Tablespoons green onion, chopped
- 1 Tablespoon fresh dill, chopped
- 1 Tablespoon fresh lemon juice
- ½ Tablespoon extra-virgin olive oil
- ½ teaspoon salt

Directions

1. In a large bowl, combine your ingredients: avocados, radishes, green onion, dill, lemon juice, and olive oil
2. Serve right away as a dip with chips or crackers or add as a topping for tacos and burrito bowls!