



## RECIPE OF THE Month

# Mexican Style Chopped Salad

This is an easy, delicious dish combining 5 vegetables.

- ½ cup **salsa**
- ½ cup **fat-free sour cream**
- 1 **avocado**, peeled, pitted and diced
- 1 **jicama**, peeled and sliced
- 2 medium **tomatoes**, (vine on) seeded and chopped
- 1 **red bell pepper**, chopped
- 4 cups chopped **romaine lettuce**
- 8 ounces cooked **shrimp**

Blend the salsa and sour cream in a mixing bowl. Combine vegetables and shrimp. When ready to serve, pour the salsa mixture over salad and toss to coat.

**MAKES 4 SERVINGS.**

**PER SERVING:** 267 calories | 18g protein | 9g fat | 32g carbs | 14.5g fiber | 364mg sodium

### TIP:

ADDING A BIT OF FAT HELPS YOUR BODY ABSORB MORE NUTRIENTS FROM VEGETABLES. HEALTHIEST FAT CHOICES ARE EXTRA VIRGIN OLIVE OIL AND AVOCADO.