

Cuban Avocado Pineapple Salad



PREP TIME

10 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

178 kcal

INGREDIENTS

- ½ red onion diced
- 3 c pineapple diced
- 2 ripe avocados diced
- 1 lime juiced
- ¼ tsp salt
- pinch cayenne to taste

INSTRUCTIONS

1. Combine the onion, pineapple, avocado, lime juice, and salt in a bowl.
2. Add a sprinkle of cayenne if you like a little heat.
3. Add your choice of protein to the top. I like air-fried tofu, tempeh, and Morning Star Farm Chik'n Strips.

NUTRITION

Nutrition Facts

Cuban Avocado Pineapple Salad

Amount Per Serving

Calories 178 Calories from Fat 113

% Daily Value*	
Fat 12.5g	19%
Carbohydrates 21.2g	7%
Protein 2.4g	5%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

salad

Tried this recipe?

Let us know how it was!