

EAT HEALTHY

BE INSPIRED

START TRACKING

Recipes



Spinach Salad with Avocado and Cucumber Recipe

Spinach Salad with Avocado and Cucumber Recipe

Created by



May 29, 2010

More Recipes Like This Avocado, Spinach and Ricotta Ravioli Greek Quinoa and Avocado Salad Spinach, Shrimp, & Avocado

Salad

Cucumber and Jicama Salad Britt's Cucumber salad with feta

Jicama Recipes The Ultimate Guide to Eating Well Great Low Carb

& Sugar Free Meals www.dLife.com

Watercress Learn The Benefits Of Watercress. The Latest Health Advice! LifeScript.com

Organic Fresh Avocados Hand

Picked Hass & Fuerte Avocados! Free Shipping from our Farm to You TheGreenAvocado.com/Gourmet Avo

Tomato and Cucumber

Salad One Taste is All it Takes. Try Our Fresh Tasting StarKist Tuna Recipe! StarKist.com

Sponsored Links

TEXT SIZE: A A | PRINT

Spinach Salad with Avocado and Cucumber

30 people like this. Be the first of your friends.

Green Salad: spinach, herbs, avocado, cucumber, pepitas (pumpkin seeds) with a ginger citrus vinaigrette.



Prep Time: 15 minutes Cooking Time: 0 minutes Serves: 2 Yield 1 bowl

today | yesterday

Personalize Recipe

Ingredients

3 cups Organic's Baby Spinach

1/2 medium Organic Garden Cucumber

1/2 med Avocado

1/3 sprigs Cilantro, Fresh

1 tbsp Basil, Fresh

2 tsp Pumpkin Seeds, Whole, Roasted

1 tbsp Extra Virgin Olive Oil 1 tbsp Orange Muscat Champagne Vinegar

1 oz Fresh Ginger Root

1/2 fruit Limes

5 Foods you must not eat: Cut down a bit of stomach fat every day by never eating these 5 foods. Naviibk.com

Free Diabetes Meal Plan Eat Right & Lose Weight to Control Diabetes. Free from Everyday Health www.EverydayHealth.com/DiabetesMeal

Directions

Assemble greens:

Rinse the spinach, salad spin it or lay on a towel to soak up extra moisture. Toss into a big bowl.

Wash the fresh herbs: cilantro, basil and I also included 7 leaves of fresh Pineapple Sage (an edible house plant that smells like pineapple) and then roughly cut or tear them up into smallish pieces.

Wash cucumber, leave skin on, and cut into half, quarter that and then cut



Nutrition Fact	s
Serving Size: 1/2 bowl	
Amount per Serving	
Calories 182	Calories from Fat 124.8
	% Daily Value *
Total Fat 13.87g	21%
Saturated Fat 2.33g	11%
Cholesterol 0mg	0%
Sodium 54.99mg	2%
Total Carbohydrate 14.33g	4%
Dietary Fiber 6.57g	26%
Sugars 3.03g	
Protein 3.9g	7%
E	st. Percent of Calories from:
Fat	64%
Carbs	31%
Protein	8%
* Percent Daily Values are ba Your daily values may be high your calories needs.	

Spinach Salad with Avocado and Cucu...

into bite-sized pieces. Toss them in the bowl.

Cut avocado in half leaving the pit in the unused side, scoop it out with a spoon and squeeze half a lime's juice on it to keep color from turning. Cut into slices and then bite-sized pieces. Toss in bowl.

Make dressing:

Use micro-plane to grate about 1oz fresh ginger into a 2-cup measuring cup (it's easier to pour out of later).

Add 1 Tbsps or so of your best-quality olive oil, then add about the same amount of orange muscat champagne vinegar.

Add a pinch of salt and few grinds of black pepper. Whisk for a minute or so until the consistency is thicker and well blended.

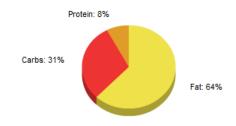
Pour dressing onto green salad mixture, toss with wooden spoon until leaves look nicely coated.

Garnish with roasted pumpkin seeds (pepitas) right before serving.

Categories

Course: Salads

Cuisine Type: Vegetarian Main Ingredient: Vegetables Cuisine Type: Vegetarian



Percentages calculated from grams



advertisement

Other recipes added by corey7p

bi	ng	Spinach Salad with Avoc	cado and Cucum
Video	Image	Web	More Image Results
		n-chipratell (pri ne	
	Cucumber- o-Salad	Cucumber Tomato and Feta Cheese Salad « Cooking With Kait	see full recipe at food network more recipes like chic greek salad

YOU MAY ALSO BE INTERESTED IN

Spinach Salad with Avocado and Cucumber Recipe	
Avocado Smell Like Pumpkin	
•	
Cucumber Avocado Spinach Salad	
Avocado, Spinach, Cucumber	
Spinach Avocado Pumpkin Seed Salad	
Show More	

SITE	FOLLOW US
ABOUT	
BLOG	
CONTACT US & FAQ	IN THE NEWS

GO MOBILE

ACHIEVE YOUR GOALS, **ANYWHERE**

/15/2011	Spinach Salad with Avocado and Cucu		
ADVERTISE WITH US		LEARN MORE	
PRESS			
CALORIE COUNTER MOBILE			
CALORIE TRACKER			
FOOD AND FITNESS RESOURCES			
SITEMAP			

Copyright © 2011 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM Terms of Use and Privacy Policy. The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site.

Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies.