

[EAT HEALTHY](#)[GET FIT](#)[BE INSPIRED](#)[START TRACKING](#)[Recipes](#)[Home](#) [Recipes](#) [Spinach Salad with Avocado and Cucumber Recipe](#)

Spinach Salad with Avocado and Cucumber Recipe

Created by

TEXT SIZE: [A](#) [A](#) | [PRINT](#)

3



corey7p

May 29, 2010

Spinach Salad with Avocado and Cucumber

[Like](#)

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

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](#)

[Personalize Recipe](#)[today](#) | [yesterday](#)

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](#)

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



FREE PHONES
from AT&T

free shipping online only

[Shop Now](#)

*Offer details

advertisement

Nutrition Facts

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%

Est. Percent of Calories from:

Fat	64%
Carbs	31%
Protein	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on 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](#)

More Image Results

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](#)
- [ABOUT](#)
- [BLOG](#)
- [CONTACT US & FAQ](#)

- [FOLLOW US](#)
- [IN THE NEWS](#)

GO MOBILE

ACHIEVE YOUR GOALS, ANYWHERE

3/15/2011

ADVERTISE WITH US

PRESS

CALORIE COUNTER MOBILE

CALORIE TRACKER

FOOD AND FITNESS RESOURCES

SITEMAP

Spinach Salad with Avocado and Cucu...

LEARN MORE

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.