

Arugula, Black Bean, Corn, and Avocado Salad with Light Caesar Dressing



NUTRITION INFORMATION:

SERVES: 6

SALAD CALORIES: 80

WW POINTS: 1SP

DRESSING CALORIES: 50

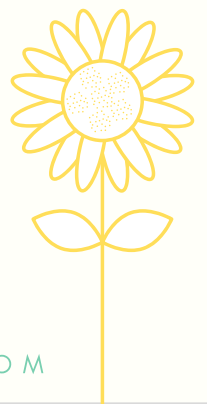
WW POINTS: 2SP

SALAD INGREDIENTS:

- 4 cups fresh arugula
- 1 ripe avocado, cubed in bite sized pieces
- ½ cup artichoke hearts
- ½ cup black beans
- ½ cup cherry tomatoes, halved
- ½ cup corn kernels
- ¼ cup sliced red onions

SALAD DIRECTIONS:

In a salad serving bowl, toss the arugula, avocado, artichoke hearts, black beans, corn, cherry tomatoes, and red onion until well mixed. Sprinkle the parmesan cheese over the top.



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LIGHT CAESAR DRESSING INGREDIENTS:

1 cup nonfat Greek yogurt
1/3 cup lemon juice
1/3 cup parmesan cheese
2 tbsp olive oil
2 tbsp dijon mustard
1 tsp worcestershire sauce
2 tsp garlic powder, or one fresh clove minced
2 tsp onion powder
1/2 tsp salt
1/4 tsp pepper
Optional:
1-2 tsp anchovy paste if you enjoy the flavor.

LIGHT CAESAR DRESSING DIRECTIONS:

Blend all ingredients in a blender, nutribullet, or food processor for 10-15 second or until you reach your desired consistency.

EAT & ENJOY

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