

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Guacamole Salad

From www.melskitchencafe.com

- 1 pint grape tomatoes, halved
- 1 yellow bell pepper, seeded and chopped (about 1/2-inch pieces)
- 1 (15-ounce) can black beans, rinsed and drained (omit if you want to make it paleo-style)
- 1/4 cup small diced red onion
- 1 jalapeno pepper, seeded and minced
- 1/2 teaspoon freshly grated lime zest
- 1/4 cup freshly squeezed lime juice (from about 2 limes)
- 1/4 cup extra-virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 medium garlic clove, finely minced
- 1/8 teaspoon ground cayenne pepper
- 2 ripe Hass avocados, seeded, peeled, and diced (about 1/2-inch pieces)

1. Place the tomatoes, yellow pepper, black beans, red onion, jalapeno peppers, and lime zest in a large bowl. Whisk together the lime juice, olive oil, salt, black pepper, garlic, and cayenne pepper and pour over the vegetables. Toss well. This mixture can be refrigerated for 3-4 hours before serving.
2. Just before you're ready to serve, fold the avocados into the salad. Check the seasoning, adding salt and pepper to taste if needed, and serve at room temperature.