



Citrus and Avocado Salad

Ingredients:

- 4 cups mixed greens
- 2 medium oranges, sectioned
- 1 grapefruit, sectioned
- 1 avocado, cubed
- 2 tablespoons olive oil
- 2 teaspoons honey
- 3 tablespoons grapefruit juice
- ¼ cup feta cheese
- 2 tablespoons pistachios

Instructions:

1. Combine lettuce, orange sections, grapefruit sections, and avocado in medium mixing bowl.
2. Combine olive oil, honey, and grapefruit juice in small mixing bowl. Drizzle dressing on salad mixture and toss gently.
3. Sprinkle with cheese and pistachios.

Variations:

- Add kale and spinach
- Add grilled chicken for protein

Prep Time: 15 minutes

Cooking Time: 0 minutes

Equipment:

knife
cutting board
medium mixing bowl
small mixing bowl
measuring cups and spoons

Servings: 6 servings

Serving Size: 1 cup



Nutrition Facts: 190 Calories, 12 g Fat, 2.5 g Saturated Fat, 19 g Carbohydrates, 3 g Protein, 6 g Fiber, 3 g Sugar, 80 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

BROUGHT

TO YOU BY: Campus Health Service • Campus Rec • Culinary Services • ASUA • SHAC



Citrus and Avocado Salad

Ingredients:

- 4 cups mixed greens
- 2 medium oranges, sectioned
- 1 grapefruit, sectioned
- 1 avocado, cubed
- 2 tablespoons olive oil
- 2 teaspoons honey
- 3 tablespoons grapefruit juice
- ¼ cup feta cheese
- 2 tablespoons pistachios

Instructions:

4. Combine lettuce, orange sections, grapefruit sections, and avocado in medium mixing bowl.
5. Combine olive oil, honey, and grapefruit juice in small mixing bowl. Drizzle dressing on salad mixture and toss gently.
6. Sprinkle with cheese and pistachios.

Variations:

- Add kale and spinach
- Add grilled chicken for protein

Prep Time: 15 minutes

Cooking Time: 0 minutes

Equipment:

knife
cutting board
medium mixing bowl
small mixing bowl
measuring cups and spoons

Servings: 6 servings

Serving Size: 1 cup



Smart Moves

Nutrition Facts: 190 Calories, 12 g Fat, 2.5 g Saturated Fat, 19 g Carbohydrates, 3 g Protein, 6 g Fiber, 3 g Sugar, 80 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

BROUGHT

TO YOU BY: Campus Health Service • Campus Rec • Culinary Services • ASUA • SHAC