

VitaMin

Vital health information in a minute



Photo: Jason Wallis

TANGERINE AND AVOCADO SALAD WITH PUMPKIN SEEDS

Yield: Serves 4 (serving size: about ½ cup)

Ingredients

- 2 tangerines, peeled
- 1 small avocado, peeled and sliced
- 1 tablespoon fresh lime juice
- 1 teaspoon extra-virgin olive oil
- 3 tablespoons toasted pumpkin seeds
- 1/4 teaspoon chili powder
- Dash of kosher salt

Preparation

Cut tangerines into rounds. Combine tangerines, avocado, lime juice, and olive oil; toss gently to coat. Sprinkle with pumpkin seeds, chili powder, and a dash of kosher salt.

Source: Printed with permission of *Cooking Light*, April 2014

Nutritional Information

Amount per serving

- Calories: 149
- Fat: 11.6 g
- Saturated fat: 1.8 g
- Monounsaturated fat: 6.8 g
- Polyunsaturated fat: 2.3 g
- Protein: 3 g
- Carbohydrate: 11 g
- Fiber: 5 g
- Cholesterol: 0
- Iron: 1 mg
- Sodium: 38 mg
- Calcium: 26
- Total sugars: 5.2 g
- Sucrose: 2.8 g
- Fructose: 1.2 g

GO YOU[®]



"Cigna," the "Tree of Life" logo and "GO YOU" are registered service marks of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries, and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Cigna Health Management, Inc., Cigna Behavioral Health, Inc., vieliflex Limited, and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc.

874667 01/15 © 2015 Cigna. Some content provided under license.