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
- ¼ 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.

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

Source: Printed with permission of Cooking Light, April 2014