

Arcadian Harvest® Classic Mexican Summer Salad with Lime Dressing

Servings

4

Calories

450

Prep Time

15 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

- 1 ½ cups matchstick-size strips peeled jicama
- ¼ cup avocado oil (may substitute extra virgin olive oil)
- 3 tablespoons fresh lime juice
- 1 (5 ounces) package Mann's Arcadian Harvest® Classic
- 1 large avocado, peeled, pitted, sliced
- 1 (5 ounces) package soft fresh cotija cheese, crumbled (may substitute with goat cheese)
- 1 orange, peeled, skinned sliced
- ½ cup pepitas



The Method

Toss first 4 ingredients in large bowl. Sprinkle with salt and pepper. Add avocado, orange and goat cheese; toss gently. Divide salad among plates. Sprinkle pepitas evenly over plates.

Nutrition Facts

Serving Size: 232g | Servings: 4

Amount Per Serving

Calories 450 | Total Fat 38g (sat fat 10g trans 0g) | Cholesterol 35mg | Sodium 560mg | Total Carbohydrate 18g | Dietary Fiber 5g | Sugars 5g | Protein 14g | Vitamin D 0% | Calcium 25% | Iron 10% | Potassium 8%