

Salad

Guacamole Chopped Salad

Publix Aprons Simple Meals

Publix Super Markets, Inc.

Servings: 6

Preparation Time: 15 minutes

1 romaine lettuce heart, coarsely chopped

3 green onions, thinly sliced

2 plum tomatoes, seeded and diced

juice of 1/2 lime (about one tablespoon)

1 package (7 ounce) Deli prepared guacamole

1/4 teaspoon Kosher salt

1/4 teaspoon pepper

6 tostada shells

In a large bowl, combine the lettuce, green onions, tomatoes, lime juice, guacamole, salt and pepper until well blended.

Place the tostada shells on serving plates.

Mound the salad on each shell.

Serve.

Per Serving (excluding unknown items): 138 Calories; 6g Fat (40.3% calories from fat); 2g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 184mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.