



## COMMUNITY COOKING RECIPE

### Veggie-Loaded Avocado White Bean Salad

Approximate cost of the recipe: \$7.69 or \$1.92 per serving (Serves 4+)

#### **INGREDIENTS:**

- 1 ripe avocado
  - ½ yellow onion, diced
  - Juice of 1 lemon
  - 1 tsp apple cider vinegar
  - 1 can of white beans
  - 1 can diced tomatoes with green chilies
  - 1 can of spinach or 1 cup fresh baby spinach
  - 1 clove fresh garlic or 1 tsp garlic powder (not garlic salt)
- Season with salt and pepper to taste



**Optional toppings: chives, chili paste, diced cranberries or tomato salsa**

#### **PREPARATION:**

1. In a large bowl mash the avocado and white beans together.
2. Add in the canned tomatoes, spinach, diced onion, garlic, vinegar and lemon juice.
3. Mix and season to taste.
4. Serve over toasted whole grain English muffins, whole grain tortillas, or enjoy on its own!

*Recipe adapted from "lunchboxbrunch.com"*

For more information on the Food Bank and our Community Cooking nutrition education program, please visit [www.rifoodbank.org](http://www.rifoodbank.org).