Chopped Colorful Veggie Salad

Makes 6 servings; 1 cup per serving
Per serving: 156 Calories; 1.1 g Saturated Fat; 16 mg Sodium

**Ingredients**

- 2 cups kale OR spinach, chopped
- 1 ½ cups frozen corn (thawed)
- ½ cup shelled frozen edamame (thawed)
- 1 cup chopped tomatoes
- 1 cup peeled, chopped cucumber
- ½ cup red onion
- 1 avocado, diced
- 2 tablespoons lime juice
- 1 tablespoons olive oil
- Pepper

**Tools Needed**

- Measuring cups & spoons
- Fork
- Knife
- Cutting board
- 1 Large bowl & 1 small bowl
Directions

1. Using your knife and cutting board, chop the kale or spinach, tomatoes, cucumber, red onion and avocado.

2. In a large bowl, combine:
   - 2 cups of greens,
   - 1 ½ cups corn,
   - ½ cup edamame,
   - 1 cup tomatoes,
   - 1 cup cucumber,
   - ½ cup red onion and avocado.

3. In a small bowl, whisk together 2 tablespoons of lime juice with 1 tablespoon of olive oil with a fork.

4. Toss lime juice and oil mixture with the salad. Season with pepper to taste.

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.

This publication was supported by the Grant or Cooperative Agreement Number, DD000010, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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