

Chopped Colorful Veggie Salad

This Simple Cooking with Heart salad recipe is bursting with flavor, freshness, some favorite vegetables, and almost all the colors of the rainbow!

Ingredients

Servings: 6

- 2 cups packed **kale or spinach** (chopped)
- 1 1/2 cups frozen corn (thawed)
- 1 cup chopped **tomatoes** (about 2 medium tomatoes)
- 1 cup peeled, chopped **cucumber** (about 1 medium)
- 1/2 cup shelled, frozen **edamame** (thawed)
- 1/2 cup chopped **red onion** (about 1/2 medium red onion)
- 1 avocado (diced)
- 2 tablespoon lime juice
- 1 tablespoon olive oil
- pepper (to taste)

Directions

1. In a large bowl, combine the kale, corn, tomatoes, cucumber, edamame, red onion, and avocado.
2. In a small bowl, whisk together the lime juice and oil. Toss with the kale mixture and season to taste.

Quick Tips

Cooking Tip: Once the cucumber is peeled and cut in half, let the kids help seed it by using a spoon and scraping down the middle.

Tip: Look for prepackaged chopped kale in the grocery store.

Nutrition Facts



Calories
156 Per Serving

Protein
5g Per Serving

Fiber
5g Per Serving

Cost Per Serving
\$0.99

Nutrition Facts	
Calories	156
Total Fat	8.4 g
Saturated Fat	1.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	5.0 g
Cholesterol	0 mg
Sodium	16 mg
Total Carbohydrate	19 g
Dietary Fiber	5 g
Sugars	4 g
Protein	5 g

Dietary Exchanges

1 & 1/2 fat, 1 vegetable, 1 starch

References

1. American Heart Association. 2024. Web Address: <https://recipes.heart.org/en/recipes/chopped-colorful-veggie-salad>