

# Spinach and Avocado Salad



## Cooking Information:

Serves: 2

Total Time: 10 minutes

## Ingredients:

- \* Lime juice from 1 lime
- \* 2 tablespoons olive oil
- \* 1/4 cup fresh cilantro, chopped
- \* 1 medium avocado, peeled, pitted, chopped
- \* 1 teaspoon brown sugar
- \* 1/2 teaspoon ground cumin
- \* Salt and pepper to taste
- \* One 10 oz. package of baby spinach
- \* 1 small onion, thinly sliced

## Magnesium per ingredient\*

- 3.5 mg**
- 0 mg**
- 1 mg**
- 39.4 mg**
- 0.4 mg**
- 3.7 mg**
- 0 mg**
- 224 mg**
- 7 mg**

## Directions:

1. Mix lime juice, oil, cilantro, brown sugar, cumin, salt, and pepper in a bowl.
2. Arrange spinach, avocado, and red onion on a plate.
3. Drizzle prepared dressing over spinach, avocado, and red onion.
4. Toss just before serving.

**One serving of this recipe contains approximately 139.5 mg of magnesium\* based on the Magnesium Calculator within this site. Visit our Magnesium Calculator to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**