

FLAT-BELLY SALAD

INSPIRED BY EATINGWELL.COM

MAKES 4 SERVINGS

INGREDIENTS

2 tablespoons cider vinegar
2 teaspoons whole-grain
mustard

1 tablespoon minced shallot
¼ teaspoon salt

¼ teaspoon pepper

¼ cup extra-virgin olive oil

8 cups mixed salad greens
(about 5 ounces)

1 (14 ounce) can artichoke
hearts, rinsed and halved or
quartered

1 cup chickpeas

1 avocado, chopped

2 hard-boiled eggs

DIRECTIONS

Combine vinegar, mustard, shallot, salt and pepper in a large bowl. Whisk in oil until combined. Add salad greens, artichokes, chickpeas and avocado. Grate the eggs through the large holes of a box grater into the bowl. Toss gently to combine.

HEALTH BENEFITS

This salad provides a good balance of fiber, protein, and healthy fats from loads of veggies and beans all tossed in a tangy apple-cider vinaigrette. To meal-prepare these for lunch throughout the week, pack the dressing and salad separately and make sure veggies are thoroughly dried.



Extra virgin OLIVE OIL can reduce inflammation and bolster the immune system against external attacks from microorganisms, bacteria, or viruses.

Antioxidant-rich ARTICHOKEs contain both prebiotics and probiotics which have been shown to positively impact the composition of the gastrointestinal microbiota, leading to improved immunity, digestion, and nutrient absorption.

CHICKPEAS contain significant amounts of fiber, which helps you feel full faster, preventing overeating and subsequent weight gain.

AVOCADOS are rich in monounsaturated fats and have been shown to reduce the risk of heart disease and contribute to good health