

# Avocado and Papaya Salad



**GREATER  
CHICAGO**  
- **FOOD** -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 20 minutes

## INGREDIENTS

### Salad

- 2 avocados, diced
- 1 large or 2 small papayas, diced
- 1 ripe mango, diced (optional)

### Dressing

- Juice and zest from one lime
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne
- 1/4 cup olive oil

## DIRECTIONS

1. Dice the avocados, papayas, and mango if using. Add to a small bowl.
2. In a separate bowl, combine dressing ingredients and stir to combine. Pour dressing onto avocados, papayas, and mango. Stir gently to combine and serve.



### Nutrition Information

*Serving Size: 1/4 of recipe*

|                      |            |
|----------------------|------------|
| <b>Calories</b>      | <b>309</b> |
| <b>Total fat</b>     | <b>25g</b> |
| Saturated fat        | 3.5g       |
| <b>Sodium</b>        | 309 mg     |
| <b>Carbohydrates</b> | <b>24g</b> |
| Fiber                | 7g         |
| Sugars               | 13g        |
| <b>Protein</b>       | <b>2g</b>  |

Recipe adapted from:  
foodnetwork.com