



Total Time
NOT AVAILABLE

Serving & Size
1 CUP

Difficulty
EASY

What a refreshing fruit and spinach salad! The easy honey dressing is spiked with picante sauce and it's all tossed together just before topping with toasted almonds.

Yields
48

INGREDIENTS

WEIGHT

MEASURE



Pace® Picante Sauce- Mild

1 qt.

honey	11/2 cups
bottled or canned lime juice	1 cups
canola oil	1/2 cups
spinach, torn into bite sized pieces	3 qt.
cantaloupe	16 cups
avocado, peeled, pitted, cubed	8 ea.
almonds, slivered, blanched, toasted	2 cups

INSTRUCTIONS

1. Beat the *Pace*® Picante sauce, honey, lime juice and oil in a large bowl with a fork or whisk.
2. Add the spinach, cantaloupe and avocado and toss to coat. Sprinkle with the almonds. Serve immediately.

Nutrition Facts

Serving Size	1 CUP
Amount Per Serving	
Calories 161	
% Daily Value	
Total Fat 9.6g	15%
Saturated Fat 1.1g	6%
Cholesterol 0mg	0%
Sodium 186mg	8%
Total Carbohydrate 19.1g	6%
Dietary Fiber 4g	16%
Protein 2.4g	5%
Vitamin A 16%	Vitamin C 31%
Calcium 3%	Iron 3%



TIP

Serve with Marinated Beef Steak and ½ cup of grapes for a meal less than 500 calories.