

Rainbow Salad



Ingredients

Hard Boiled Eggs
Avocado
Black beans with cilantro
Chickpeas
Radishes
Tomato
Almonds
Tuna

This is such a gorgeous salad and includes proteins, colorful vegetables, legumes, and healthy fats. You can really add anything you like, just try to make sure you have at least one from each of these food groups. Squeeze some lemon or a bit of your favorite dressing, and you will have a delicious and extremely healthy meal.

For more healthy recipes and wellness program information, visit **Minuteman Nashoba Health Group** www.minuteman-nashoba.org/wellness