



## Mediterranean Chef's Salad

**Active Time:** 15 minutes | **Total Time:** 15 minutes | **Serves:** 2

### Nutrition Information Per Serving

452 calories, 28.75 g carbohydrate, 10.8 g fiber, 17.95 g NET carbs, 26.25 g protein, 28.16 g fat

#### Ingredients

- 1 can Wild Planet Sardines in Olive Oil
- 1/2 cup(s), grated organic carrot
- 1/2 cup(s) cherry cherry tomatoes, halved
- 1/2 cup(s) organic garbanzo beans
- 2 large(s) organic eggs
- 1/2 medium(s) organic avocado, sliced
- 1 Tbsp organic walnuts, chopped
- 1/4 small(s) red onion, thinly sliced
- 6 cup(s) shredded organic Romaine lettuce

#### Preparation

1. First, soft boil the egg. Add 6 cups of water to a medium pot. Bring to a boil. Add eggs. Boil 3-4 minutes. Remove from heat, allow to cool.
2. Drain the sardines and quarter the cooled eggs.
3. Arrange mixed greens on serving plates.
4. Top with carrot, garbanzos, red onion, tomatoes, avocado, sardines, eggs and walnuts.
5. Serve.

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