

## Ensalada de Bacalao

### *Ingredients:*

1 lb. salted cod filets (packaged)  
2 cloves garlic  
1 large sweet onion, thinly sliced  
2 medium tomatoes, sliced  
½ avocado  
¼ cup extra virgin olive oil  
¼ cup white vinegar  
1 Tbsp. dried parsley  
1 tsp. Adobo Light seasoning (low sodium)  
Black pepper to taste

### *Procedure:*

1. Place salted cod in water for 2-3 hours
2. Rinse and repeat step 1 or soak in water overnight and rinse
3. Combine olive oil, vinegar, dried parsley, Adobo seasoning, and black pepper to form a vinaigrette; set aside.
4. Mix remaining ingredients in a bowl and dress with vinaigrette

### *Yield:*

6-8 servings, ½ cup each

### *Nutrition Facts:*

Calories- 160  
Carbohydrates- 4g  
Protein- 14g  
Fat- 9g  
Cholesterol- 30mg  
Sodium- 300mg