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