We all know that fruits and vegetables are good for our health and wellbeing. That’s because they contain a number of essential nutrients and antioxidants that have positive effects on our bodies. For example, carotenoids – the nutrients that give fruits and vegetables their bright colors – are antioxidants that have been shown to help protect against heart disease and the weakening of the eyes that comes with age.

In order for the body to be able to absorb carotenoids and benefit from their positive health effects, they need to be consumed along with dietary fat. You may have heard, for example, that salad dressings with unsaturated fat (like olive oil) can amp up the body’s absorption of carotenoids from vegetable salads compared to fat-free dressings.

From chopped to Cobb to Nicoise, we all love eggs in our veggie salads. And here’s the good news – research shows eggs may help boost the benefits of the veggies in your salad! Why? Eggs are a nutrient-rich food that contains carotenoids. A recent study showed that when people consumed a vegetable-based salad with eggs, their bodies absorbed up to eight times the amount of carotenoids than when people consumed the same salad without eggs.

Like eggs, avocados are also a natural source of unsaturated fat, and research shows that eating avocados with vegetables similarly increases carotenoid absorption. Pairing eggs with avocados on a salad can therefore create both a delicious combination and a nutritional boost!

**Build an Eggs-ceptional Salad**

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**Mediterranean Confetti Salad**

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<tr>
<th>Servings: 1</th>
<th>Preparation Time: 15 minutes</th>
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**Salad ingredients:**
- 1 cup romaine lettuce, chopped (about four outer leaves)
- 1/4 cup English cucumber, diced
- 1/4 cup red bell pepper, seeds and ribs removed and diced
- 5 cherry tomatoes, halved
- 1/2 cup canned chickpeas, drained and rinsed
- 2 tbsp black olives, sliced
- 1/4 medium avocado, skin and pit removed and diced
- 1 egg, hard-boiled, peeled and quartered

**Dressing ingredients:**
- 1/4 tsp garlic, minced
- 1/4 tsp dried oregano
- 1 tbsp red wine vinegar
- 2 tsp extra virgin olive oil
- To taste Kosher salt
- To taste fresh ground pepper

**Directions:**
1. Arrange chopped romaine lettuce on a service plate or bowl and set aside.
2. In a small bowl, combine onion, cucumber, red bell pepper, tomatoes, chickpeas and olives and set aside.
3. In another small bowl, whisk together garlic, oregano, red wine vinegar, extra virgin olive oil, salt and pepper until emulsified. Pour dressing over vegetable mixture and toss to coat.
4. Add diced avocado to the vegetable mixture and gently toss, just until combined.
5. Pour vegetable mixture over romaine lettuce and top with hard-boiled egg slices. Serve immediately.

**Nutrition Information:** Kcals: 490 • Total Fat: 28 grams • Sat. Fat: 4.5 grams • Cholesterol: 185 milligrams • Sodium: 450 milligrams • Carbohydrate: 39 grams • Fiber: 7 grams • Protein: 18 grams

For more on egg nutrition visit [EggNutritionCenter.org](http://EggNutritionCenter.org) and for recipes visit [IncredibleEgg.org](http://IncredibleEgg.org).
Mediterranean Confetti Salad

SHOPPING LIST

SALAD INGREDIENTS:
- Romaine lettuce
- Red onion
- English cucumber
- Red bell pepper
- Cherry tomatoes
- Canned chickpeas
- Black olives
- Avocado
- Egg

DRESSING INGREDIENTS:
- Garlic
- Dried oregano
- Red wine vinegar
- Extra virgin olive oil
- Kosher salt
- Fresh ground pepper

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