

# Luvocado

Place arugula, parsley, lemon juice, garlic, anchovies, shallot and pinch of salt in a food processor; process until finely chopped. With the motor running, slowly drizzle in oil.

Gently combine beans, salmon, radishes, celery, the remaining 1/4 teaspoon salt and pepper in a large bowl. Pour in the dressing and gently toss to combine.

To serve, line 4 plates with a lettuce leaf. Divide the salad evenly among the plates. Garnish with avocado slices, if desired.

**Don't ever underestimate the goodness of canned fish. Canned wild Alaskan Salmon is an environmentally sound and healthy choice. Wild Planet is my top pick. It's available almost anywhere-(even Target). Both anchovies and salmon are great sources of omega-3 fatty acids; those are another wonderful fat that keep us beautiful and brilliant;)**

Let's talk avocado- Yum! This amazing food is a major player in my diet. As a fantastic source of monounsaturated fats, avocado supports radiant hair, skin and nails, fight inflammation and allow our bodies to absorb many of the fat soluble nutrients present in both the avocado and whatever other foods we may be eating with it.

- Fill up on avocado. They are high in healthy fat and fiber, and low in sugar. Adding avocado to salads and smoothies will keep you satisfied longer, and prevent overeating elsewhere.
- Avocados are a Clean 15! Their thick peel provide protection from pesticide contamination. Organic foods are always best for the Earth, but in this case a conventionally grown avocado is a safe choice.

- Attention Carnivores: Studies show that eating avocado alongside poor quality meat (think your favorite burger or taco joint) will dramatically reduce the inflammation response that would normally occur. It's also freakin' delicious!

Try this tasty salad from [Eatingwell.com](http://Eatingwell.com)