

Recipe for



AVOCADO, CUCUMBER AND TOMATO SALAD

SERVES 2

PREP TIME/TOTAL TIME
10/12 MIN

APPROX NUTRITION INFORMATION

Per Serving

Total Calories 183

Fat 14.7

Protein 3.4

Carbohydrates 9.3

Fiber 4.5

INGREDIENTS

1 medium sized avocado, cut in small chunks

12-14 cherry or grape tomatoes, sliced in half

½ of an English cucumber, quartered

4 cup of chopped green onions (optional)

1 tablespoon of lemon juice (fresh preferably)

1 teaspoon of Apple cider vinegar or balsamic vinegar (taste preference)

1 tablespoon of coarsely chopped cilantro OR parsley (taste preference)

½ tsp of sea salt

¼ tsp of black pepper

½ tsp of Sumac (optional) Spice available in middle-eastern grocery markets

DIRECTIONS

Place all the chopped veggies in a medium sized bowl.

In a small bowl, place 2 small chunks of avocado and thoroughly mash. Next add the lemon juice and vinegar. Then add all the spices and whisk for about 30 seconds.

Pour the mixture over the chopped veggies and mix thoroughly.

Place in the refrigerator and let cool for 1 hour before serving.

