


Cucumber Tomato Avocado Salad

Ingredients

- 1-pound Roma tomatoes
- 1 English cucumber
- ½ medium red onion, sliced
- 2 avocados, diced
- 2 tablespoons extra virgin olive oil or sunflower oil
- Juice of 1 medium lemon (about 2 tbsp)
- ¼ cup cilantro, chopped
- 1 teaspoon sea salt or ¾ teaspoon table salt
- ¼ teaspoon black pepper



Directions

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1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado and chopped cilantro into a large salad bowl.
2. Drizzle with olive oil and lemon juice. Toss gently to combine.
3. Just before serving, toss with sea salt and black pepper.

