

# 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
  - 1 medium lemon, juiced (about 2 tablespoons)
  - ¼ cup cilantro, chopped
  - 1 teaspoon sea salt or ¾ teaspoon table salt
  - 1/8 teaspoon black pepper
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- 2 tablespoons coarsely chopped walnuts (toasted optional)
  - 4 slices whole grain bread



## 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. Just before serving, toss with sea salt and black pepper.

