

TOMATO AVOCADO SALAD

INGREDIENTS

1 lb Vine Tomatoes
1 Cucumber
1/2 Red Onion
2 Avocados
2 tbsp. Extra Virgin Olive Oil
2 tbsp. Fresh Lemon Juice
1/4 cup Cilantro
Black Pepper To Taste

METHOD

PREPARE

Rinse all of the fresh produce
Chop tomatoes in 1/4 in. pieces
Slice cucumber in 1/4 in. pieces
Slice red onions, then cut slices in half
Chop cilantro
Dice avocados

COMBINE

Place tomatoes, cucumber, red onion, cilantro, and avocado into a large salad bowl.
Drizzle with olive oil and lemon juice.
Toss gently to combine.
Add black pepper to taste.

Serve and Enjoy!

NUTRITIONAL INFORMATION

PER SERVING | RECIPE SERVES 2

CALORIES 487 | FAT 39.8G | FIBER 16.3G | PROTEIN 7.1G | CARB 35.1G | CALCIUM 84MG

**GET THE
RECIPE HERE:**



FUN FACTS:

Cucumbers: Eating cucumbers with the peel increases fiber intake. The peel also helps retain moisture within the cucumber. One cucumber contains close to an entire cup of water.

Tomatoes: Store tomatoes at room temperature, out of direct sunlight. To extend shelf life, tomatoes can be stored in the refrigerator. To improve the flavor of refrigerated tomatoes, let them sit on the counter at room temperature for a couple of hours prior to slicing or eating.