



CUCUMBER, TOMATO, AVOCADO SUMMER SALAD

This recipe is very simple, but VERY delicious. Add some diced grilled chicken and you've got a yummy, healthy meal!

INGREDIENTS

- 1 lb roma tomatoes
- 1 large cucumber
- 1/2 medium red onion sliced
- 2 avocados diced
- 2 T olive oil or sunflower oil
- 2 T fresh lemon juice (from 1 medium lemon)
- 3 T fresh herbs, chopped (parsley, basil, chives, dill - whatever your favorite(s) are)
- 3/4 tsp table salt
- 1/2 tsp black pepper



INSTRUCTIONS

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped herbs into a large salad bowl.
2. Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and 1/8 tsp black pepper.