

# Cucumber Tomato Avocado Salad

## Ingredients

- 1 lb Roma tomatoes
- 1 English cucumber
- $\frac{1}{2}$  medium red onion, sliced
- 2 avocados, diced
- 2 Tbsp extra virgin olive oil or sunflower oil
- Juice of 1 medium lemon (about 2 Tbsp)
- $\frac{1}{4}$  cup (1/2 bunch) cilantro, chopped
- 1 tsp sea salt or  $\frac{3}{4}$  tsp table salt
- $\frac{1}{8}$  tsp black pepper

## Instructions

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro 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  $\frac{1}{8}$  tsp black pepper.

## Notes

\*Note: if you aren't keen on cilantro, fresh dill is a good substitute

Source: [kitchen.com/2015/06/01/cucumber-tomato-avocado-salad/](http://kitchen.com/2015/06/01/cucumber-tomato-avocado-salad/)