

Zucchini Bread Recipes

Avocado Tomato Cucumber Salad Recipe

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Salad** Course

Ingredients

Salad Ingredients

- [ ] 2 ripe but firm avocados, diced
- [ ] 1 pint cherry or grape tomatoes, halved
- [ ] 1 English cucumber, diced
- [ ] 1/4 cup red onion, thinly sliced (optional)
- [ ] 1/4 cup fresh basil or mint leaves, torn

Dressing

- [ ] 3 tablespoons extra virgin olive oil
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1 teaspoon honey or maple syrup
- [ ] 1/2 teaspoon sea salt
- [ ] 1/4 teaspoon black pepper

Instructions

1. In a large bowl, combine the halved tomatoes, diced cucumber, and red onion if using. Gently toss to combine.
2. In a small bowl or jar, whisk together the olive oil, lemon juice, honey, salt, and pepper until well combined.
3. Pour about half of the dressing over the tomato-cucumber mixture and toss gently. Let this sit for 5 minutes to allow the flavors to meld.
4. Right before serving, dice the avocados and add them to the bowl along with the torn herbs.
5. Pour the remaining dressing over everything and toss very gently to combine, being careful not to mash the avocado.
6. Taste and adjust seasoning if needed. Serve immediately while fresh and crisp.

Nutrition per serving

180 kcal	3 g	12 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For best texture, assemble within 30 minutes of serving
- If making for a crowd, double the recipe - it disappears quickly!
- Add a pinch of red pepper flakes for a subtle kick