

Zucchini Bread Recipes

Cucumber Tomato Avocado Salad – Fresh Healthy Meal

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 3 ripe tomatoes, wedges
- [ ] 2 ripe avocados, diced
- [ ] 1/4 cup fresh dill or basil, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp honey (optional)
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Wash all produce, pat dry, and slice the cucumbers and tomatoes; place them in a large mixing bowl.



2. Cube the avocados and add them gently to the bowl, being careful not to mash.



3. In a small cup, whisk together olive oil, lemon juice, honey (if using), salt, and pepper; let it rest for a minute.



4. Drizzle the vinaigrette over the vegetables, toss lightly, and sprinkle fresh herbs on top.



5 Serve immediately, or cover and refrigerate for up to 30 minutes for a cooler bite.



Nutrition per serving

220 kcal	3 g	12 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits too long, the cucumbers may release water; pat them dry before mixing.
- Taste and adjust seasoning right before serving for the best balance.
- A handful of toasted pumpkin seeds adds a pleasant crunch without altering the flavor profile.