



Tomato, Cucumber & Avocado Salad



prep time
15 minutes



total time
15 minutes



servings
4

Ingredients

- 2 cups tomatoes, cut into wedges (I like to use red, yellow, and orange)
~2 servings of veggies
- 1 English cucumber, cut into slices and then halved ~2 serving of veggies
- 1 large/153g avocado, pit removed, peeled, and chopped
~1.5 servings of fat
- 3 tablespoons thinly sliced red onion
- 1/4 cup chopped basil
- 3 tablespoons white balsamic vinegar
- 2 tablespoons olive oil
~2 servings of fat
- Salt and black pepper, to taste

Instructions

- 1 Place the tomatoes, cucumbers, avocado, and red onion in a large bowl.
- 2 Sprinkle salad with fresh basil.
- 3 Drizzle balsamic vinegar and olive oil over the salad.
- 4 Season with salt and pepper, to taste. Serve immediately.



Whole recipe serving breakdown:

0 Servings Protein

0 Servings Carb

3.5 Servings Fat

4 Servings Veggies

simple side dish

