



Tomato Avocado Salad with Lime Dressing

Healthy and so flavorful, this quick recipe is the perfect addition to any late summer meal. The avocados fuel your body with a special kind of fat, called monounsaturated fat, that is beneficial for heart health. Also, fresh tomatoes contain large amounts of vitamin C, great for supporting your immune system!

Serves: 6

Serving Size: About 1 cup

Ingredients

- 4 cups grape or cherry tomatoes, cut in half
(or 2.5 pounds ripe roma tomatoes, diced)
- 2 avocados, diced
- ½ red onion, diced
- ¼ cup of fresh cilantro, chopped
- 1 lime, juiced
- 1 tbsp extra virgin olive oil
- ½ tsp salt
- ⅓ tsp black pepper

Directions

1. Place tomatoes, avocados, onions and cilantro into a medium salad bowl.
2. Add lime juice, olive oil, salt and pepper and mix well. Serve immediately and enjoy!

Chef's Note: Selecting a just ripe avocado is important. Overripe avocados will make a mushy salad. Select avocados that are dark colored (not overall green) and yield to gentle pressure. Additionally, avocados do not store well, so it is best to eat them immediately.

Nutrition Info per serving:

Calories: 121, Saturated Fat: 1.3g, Sodium: 203mg, Added Sugars: 0g, Fiber: 4.6g

Recipe adapted from:

<https://cooktoria.com/tomato-avocado-salad/#recipe>