

Choco Fever Dream

Avocado Tomato Cucumber Salad

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 2 ripe avocados, cubed
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 large cucumber, diced
- [ ] 1/4 cup red onion, thinly sliced

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp freshly ground black pepper

Instructions

1. Wash all vegetables; pat dry. Cube the avocados, halve the tomatoes, and dice the cucumber.
2. In a small bowl, whisk together olive oil, lemon juice, sea salt, and pepper. Let it sit for a minute.
3. Place the avocado, tomato, cucumber, and red onion in a large mixing bowl.
4. Drizzle the dressing over the vegetables, toss gently to coat, and serve immediately.

Nutrition per serving

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

Tips & notes

- If you prefer a little heat, add a pinch of chili flakes to the dressing.
- For added crunch, sprinkle toasted pumpkin seeds just before serving.
- Use a ripe but firm avocado to avoid mushy texture.