

Foodnity Recipes

Avocado Tomato Cucumber Salad

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

Ingredients

Main Ingredients

- [ ] 2 ripe avocados, diced
- [ ] 2 medium tomatoes, cut into wedges
- [ ] 1 large cucumber, sliced thin
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp fresh lemon juice
- [ ] 3 tbsp extra-virgin olive oil
- [ ] Salt and pepper to taste

Finish

- [ ] 2 tbsp fresh cilantro or parsley, chopped
- [ ] Optional: 1 tsp crushed red pepper flakes

Instructions

1. Wash all vegetables; pat dry. Slice cucumber, halve tomatoes, and thinly slice red onion.
2. Dice avocados and place them in a large bowl; gently drizzle half of the lemon juice to keep color bright.
3. Add cucumber, tomato wedges, and red onion to the bowl; toss lightly.
4. In a small cup, whisk together remaining lemon juice, olive oil, salt, and pepper; pour over the salad.
5. Finish with chopped herbs and optional red pepper flakes; serve immediately.

Nutrition per serving

260 kcal	4 g	14 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning right before serving; a pinch more salt can brighten the flavors.
- If you’re prepping ahead, keep the dressing separate and combine just before eating.
- For extra crunch, sprinkle toasted pumpkin seeds on top.