

Foodnity Recipes

Easy Avocado Salad Recipe

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

Ingredients

Main Ingredients

- [ ] 2 ripe avocados, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 1 lime, juiced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] ½ tsp sea salt

Optional Add-Ons

- [ ] ¼ cup crumbled feta (optional)
- [ ] Thinly sliced red onion

Instructions

1. Gather all ingredients; rinse the tomatoes and cilantro, then pat dry.
2. Dice the avocados into bite-size cubes, being careful not to over-mix.
3. In a small bowl, whisk together lime juice, olive oil, and sea salt until emulsified.
4. Place the tomatoes, avocado, and cilantro in a large bowl, drizzle the dressing over, and toss gently.
5. Taste and adjust seasoning; add more salt or lime if needed, then serve immediately.

Nutrition per serving

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

Tips & notes

- If you prefer a spicier profile, stir in a pinch of chili flakes.
- For extra crunch, sprinkle toasted pumpkin seeds just before serving.
- A drizzle of honey can add a subtle sweetness that balances the acidity.