

Cucumber Tomato Salad



2 Tablespoons fresh lemon juice
2 Tablespoons olive oil
1/4 teaspoon salt
1/8 teaspoon pepper
2 large tomatoes, roughly chopped

1 cucumber, peeled, seeded, and chopped
1/2 red onion, sliced
2 avocados, diced
1/4 cup chopped cilantro

Instructions: Whisk lemon juice, oil, salt and pepper in a medium bowl. Add tomatoes, cucumber, onion, avocado and cilantro. Toss gently until evenly combined. Refrigerate until ready to serve.

Yield: 4 servings

Nutrition Facts (*per serving*): 220 calories, 20 grams fat, 120 milligrams sodium, 13 grams carbohydrate, 9 grams fiber, 4 grams protein