

Plate Dream

Cucumber Tomato Avocado Salad

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 3 ripe tomatoes, wedges
- [ ] 2 ripe avocados, diced
- [ ] ½ red onion, thinly sliced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and freshly cracked black pepper to taste
- [ ] Optional: chopped fresh dill or basil

Instructions

1. Wash all produce thoroughly; pat dry. Slice the cucumbers and tomatoes, and set aside in a large bowl.
2. Add the thinly sliced red onion to the bowl; it adds a subtle bite without overwhelming the other flavors.
3. In a small cup, whisk together olive oil, lemon juice, a pinch of salt, and freshly cracked pepper.
4. Drizzle the vinaigrette over the vegetables and toss gently to coat.
5. Just before serving, fold in the diced avocado so it remains creamy and bright.
6. Garnish with optional fresh herbs and serve immediately, perhaps alongside a slice of avocado toast for a complete meal.

Nutrition per serving

210 kcal	4 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the avocado begins to brown, add an extra splash of lemon juice and gently stir.
- For extra crunch, toss in a handful of toasted pumpkin seeds right before serving.
- Adjust the salt gently; the vegetables already carry natural flavors.