AVOCADO SALAD

Great for Lunch or a pre-work out snack.

ESTIMATED PREP TIME DEGREE OF DIFFICULTY SERVINGS TYPE

TIME10 minutesCULTYSimple/INGS1TYPESalads & Dressings



INGREDIENTS

1	Small Avocado
1/2 CUP	Cherry Or Grape Tomatoes Halved
1/4 CUP	Finely Chopped Parsley
1/4 CUP	White Onion
1 TBS	Lemon Juice
1 TBS	Olive Oil
	Sea Salt & Pepper

Cooking Tips:

The Parsley takes the sting out of the onion.

How to pick out a ripe Avocado? Hold the avocado in your hand and GENTLY squeeze it. An unripe avocado will feel like a stone. An over-ripe avocado will feel loose under the skin. A ripe avocado will feel the same as if you were to squeeze the palms of your hands.

DIRECTIONS

- 1. Remove pit and skin from avocado, and cut into cubes
- **2.** Combine tomatoes, parsley, onion, lemon juice, olive oil and avocados (stir gently)
- 3. Add salt and pepper to taste
- **4.** *ENJOY!*



It is always best to use fresh ingredients, however in a 'pinch' canned may be substituted. You should always examine the label to ensure there is no sugar or other additives (i.e. MSG or 'Natural Flavors'). For example, if it is tomatoes the ingredients should basically read "Tomatoes and Water".