

AVOCADO SALAD

Great for Lunch or a pre-work out snack.

ESTIMATED PREP TIME	10 minutes
DEGREE OF DIFFICULTY	Simple
SERVINGS	1
TYPE	Salads & Dressings



INGREDIENTS

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

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!*

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.

