

Treasure Barrel

Avocado Tomato Cucumber Salad Recipe

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Salad** Course

Ingredients

Salad Ingredients

- [ ] 2 ripe but firm avocados, diced
- [ ] 1 pint cherry tomatoes, halved
- [ ] 1 English cucumber, sliced
- [ ] 1/4 red onion, thinly sliced
- [ ] 1/4 cup fresh cilantro or parsley, chopped

Dressing

- [ ] 3 tablespoons extra virgin olive oil
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1 teaspoon honey or maple syrup
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 1 small garlic clove, minced (optional)

Instructions

1. Start by preparing all your vegetables. Dice the avocados, halve the tomatoes, slice the cucumber, and thinly slice the red onion. If you're sensitive to raw onion, soak the slices in ice water for 10 minutes first, then pat dry.

2. In a small bowl or jar, whisk together the olive oil, lemon juice, honey, salt, pepper, and minced garlic if using. Taste and adjust seasoning - you might want more lemon or salt depending on your preference.

3. Place all the prepared vegetables in a large mixing bowl. Pour the dressing over and gently toss everything together using your hands or a large spoon. Be careful not to mash the avocado - fold gently until everything is evenly coated.

4. Add the fresh herbs and give one more gentle toss. Taste and adjust with more salt or lemon juice if needed. Serve immediately, or let it sit for 5-10 minutes to allow the flavors to meld.

5. For serving, you can garnish with additional herbs or a sprinkle of flaky sea salt. This salad is perfect as is, but sometimes I'll add some toasted nuts or seeds for extra crunch. It pairs beautifully with simple quick breads for a light lunch.

Nutrition per serving

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

Tips & notes

- This salad is best eaten fresh but will keep in the refrigerator for up to 24 hours
- The avocado may brown slightly but will still taste delicious
- For extra flavor, add fresh basil, mint, or dill instead of cilantro
- Double the recipe for parties - it disappears quickly!