

Tomato Cucumber Avocado Salad

Ingredients:

- 1 large avocado peeled, seeded, chopped
- 1 tsp lemon juice
- 2 cups cherry tomatoes halved
- 2 cups yellow cherry tomatoes halved
- 1-2 English cucumbers peeled and chopped
- ¼ cup chopped red onion
- 4 oz feta cheese crumbles
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- Salt and pepper to taste
- ¼ cup fresh chopped parsley

Instructions:

1. Drizzle lemon juice over chopped avocado. Place avocado, tomatoes, cucumbers, onion, and feta cheese in large bowl. Whisk together red wine vinegar, olive oil, salt and pepper. Pour over salad. Top with fresh parsley. Toss gently to combine.

Makes 7 servings.

1 serving (1 cup) contains: 173 calories; 14 grams of carbohydrate; 4 grams protein; 12 grams of total fat; 4 grams of monounsaturated fat; 4 grams of fiber; 7 grams of sugar

Recipe from *Tastes Better From Scratch* website