

Easy Healthy Cucumber Tomato Avocado Salad

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Himalayan sea salt
- 1/4 teaspoon black pepper (to taste)
- 2 large hass avocados (halved, pitted, peeled & cubed)
- 6 medium tomato (cut into wedges)
- 2 cups English cucumber (chopped)
- 3 tablespoons fresh dill (chopped)
- 3 tablespoons fresh parsley (chopped)



1. For the dressing: In a small bowl, whisk together the lemon juice, olive oil, garlic powder, sea salt, and black pepper. (Alternatively, place in an airtight container and shake vigorously.)
2. In a large bowl, combine the avocado, tomatoes, cucumber, fresh dill, and fresh parsley. Pour the dressing over the salad and toss to coat. Serve immediately.

Serving Size = 2/8 avocado and cups of veggies