



## Tomato and Avocado Salad

If you're in the mood for a quick, healthy and filling salad, you're going to love this tomato and avocado salad. It only requires a few key ingredients, and it's great as an easy Saturday lunch. You can add dressing if you like, but I think the salt and pepper and the natural flavor of the vegetables is plenty.

### Ingredients

- 4 Ripe Tomatoes, make sure they are ripe but not mushy, cut into wedges
- 1 Hass Avocado, cut into wedges
- ¼ cup of Sliced Red Onion
- 2 Tbsp of Fresh Chopped Cilantro
- Juice of 1 Lime
- 1 Tsp of Olive Oil
- Salt and Pepper to taste

### Preparation

Mix the lime juice, cilantro and olive oil in a small bowl, then sprinkle salt and pepper to taste. You can add a few slices of banana pepper to add a little kick.

In a separate bowl, mix the avocado and tomatoes and season them with the spice of your choice (pepper and salt if you want a more mild version). Add the ingredients with the small bowl and stir.

If you want to watch the video again. Click [here](#)