

Healthy Food for a Wealthy Mood

advice for **life**_{SM}



Healthy and simple cucumber salad

- 1 English cucumber
- 4 Roma tomatoes
- 3 Avocados
- ½-1 Red onion
- 1 Bundle of cilantro
- 1 lemon
- Salt and pepper
- Olive oil or other preferred dressing

Cooking Instructions

- Cut cucumber into ¼ pieces
- Cut tomatoes in half, cut the halves into 6-8 pieces
- Cut avocados in half, cut the halves into 6-8 pieces
- Chop cilantro bundle
- Mix ingredients into bowl
- Squeeze lemon and if desired, zest to taste
- Salt and Pepper to taste
- Add in olive oil or preferred dressing
- Tasty!!!

Nutrition Facts

- Cucumber 8 calories, tomatoes 40 calories, avocados 234 calories

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