

Cucumber and Avocado Salad

A refreshing and healthy main dish salad featuring crisp cucumbers and creamy avocado. Perfect for a light lunch or dinner.



Main Dish

10 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 large cucumber
- 1 ripe avocado
- 1/4 red onion, thinly sliced
- 2 tablespoons fresh cilantro, chopped
- Juice of 1 lime
- 1 tablespoon extra virgin olive oil
- Salt and pepper to taste

Steps

- 1 Peel and dice the cucumber into bite-sized pieces.
- 2 Cut the avocado in half, remove the pit, and scoop out the flesh. Cut it into cubes.
- 3 In a large bowl, combine the diced cucumber, avocado cubes, sliced red onion, and chopped cilantro.
- 4 In a small bowl, whisk together the lime juice, olive oil, salt, and pepper.
- 5 Pour the dressing over the cucumber and avocado mixture, and gently toss to combine.
- 6 Serve immediately and enjoy!