

Italian Avocado and Mushroom Salad

This refreshing Italian-inspired salad combines creamy avocado with earthy mushrooms and fresh tomatoes, all on a bed of crisp lettuce. It's a gluten-free delight that's perfect for a light meal or as a side dish.



Salad

Italian

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 ripe avocado
- 1 cup mixed lettuce leaves
- 1/2 cup cherry tomatoes, halved
- 1/2 cup sliced mushrooms
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste
- Fresh basil leaves for garnish

Steps

- 1 Start by washing the mixed lettuce leaves thoroughly and placing them in a large salad bowl.
- 2 Slice the avocado in half, remove the pit, and scoop out the flesh. Cut it into cubes and add to the bowl.
- 3 Clean the mushrooms with a damp cloth and slice them thinly. Add the mushrooms to the salad bowl.
- 4 Halve the cherry tomatoes and add them to the mix.
- 5 In a small bowl, whisk together the olive oil, balsamic vinegar, salt, and pepper to create the dressing.
- 6 Drizzle the dressing over the salad and toss gently to combine all the ingredients.
- 7 Garnish with fresh basil leaves before serving.