



## Tomato Cucumber Avocado Salad

"Simply the best, or simple is the best, certainly the case here!  
Oh so satisfying, oh so good for you, and with only 3 ingredients it is oh so easy to make!" - Kelly May

Prep Time: 5 min  
Cook Time: 0 min  
Ready In: 5 min

**Serving Size:** 2 servings

### Ingredients

- ✓ 2 tomato
- ✓ 1 cucumber
- ✓ 1 avocado

### Directions

1. Cut up tomato, cucumber, and avocado, arrange on plates and serve.

### Nutrition

*Amount per serving*

- ❖ Calories: 187
- ❖ Total Fat: 14 g
- ❖ Total Carbs: 17 g
- ❖ Protein: 3 g
- ❖ Cholesterol: 0 mg
- ❖ Sodium: 19 mg
- ❖ Potassium: 436 mg