

# Avocado Cucumber Salad

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## Ingredients:

- 1 cucumber, peeled and thinly sliced
- 1 yellow bell pepper, sliced
- 1 tbsp lime juice
- 1 jalapeno pepper, seeded and diced
- 1 tsp minced onion
- 1 avocado, sliced
- Lettuce (or salad greens, or spinach)
- Fresh parsley, chopped

## Preparation:

1. Combine cucumber, yellow pepper, lime juice, jalapeno and onion together in a bowl.
2. Arrange lettuce on plates or in bowls.
3. Scoop cucumber mix into the center of the lettuce plate.
4. Top with sliced avocado and garnish with parsley.

The natural oil in the avocado may be enough to not need a dressing. If desired, drizzle with extra virgin olive oil, avocado oil or balsamic vinaigrette dressing.