

Cucumber and Avocado Salad (Makes 4 to 6 servings)

- 2 cups peeled Cucumbers cut into $\frac{3}{4}$ to 1-inch squares (deseed the cucumbers if necessary)
- 1 cup Avocado cut into $\frac{3}{4}$ to 1-inch squares
- 1 cup Grape or Cherry Tomatoes cut in half
- Salt and Coarse Black Pepper to taste
- Use your favorite Vinaigrette or (1 to 2 tablespoons of fresh squeezed Lemon Juice)

Directions: Place cucumber, avocado and tomatoes in bowl; salt and pepper to taste, toss all ingredients. Then add vinaigrette or lemon juice and toss again. Serve immediately. Great as a palate cleanser or starter for a meal with barbeque. I eat this for lunch. This recipe can easily be cut in half.