Salad Recipes

Avocado Salad

Submitted by Mary of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
- 1 Romaine Lettuce
- ½ red onion, chopped
- 1 container cherry tomatoes cut in half
- 1 or 2 avocados, cubed
- Virgin olive oil
- Lemon juice
- Pecans or almonds

Preparation:
1. Mix olive oil, lemon juice, apple cider vinegar, and add pepper and spices to taste.
2. Cut Romaine lettuce.
3. Add chopped onions, cherry tomatoes.
4. Add dressing, toss in cubed avocados and almond, and toss again.