

Avocado And Cucumber Salad

This is a light and creamy side salad. Can be served over crisp romaine lettuce leaves or baby spinach.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Avocado (raw)	500 grams
Cucumber, raw, without peel	1 cup
Parsley, fresh	75 grams
Flax seed oil	3 tablespoons
Lemon juice, fresh	2 tablespoons
Fine sea salt	7 grams
Black pepper, ground	1 dash
Lettuce, romaine or cos	1 head
Fresh attitude, baby spinach	1 x 2 cup

Instructions

Prep

1. This recipe calls for cubed avocado so you may need about 3 medium avocados
2. This recipe calls for cubed peeled seeded cucumber so you may need about 1/2 of a large cucumber (seeded is optional)
3. This recipe calls for coarsely chopped flat-leaf parsley so look for Italian Parsley as opposed to Curly Parsley
4. This recipe calls for cold-pressed flax oil
5. This recipe calls for freshly ground black pepper

Directions

1. In a serving bowl, toss avocado, cucumber, parsley, flax oil, lemon juice, salt, and freshly ground pepper, until well coated
2. Serve immediately either on its own or over crisp romaine lettuce (optional) or baby spinach (optional)

Variations

1. Add 1/2 cup of chopped tomatoes
2. Substitute equal quantity of coarsely chopped cilantro leaves for the coarsely chopped parsley, and add 1 tsp chili powder and 1/2 tsp ground cumin to give this salad a southwestern spin