



AVOCADO, ONION & TOMATO SALAD

~BY GROWING UPTOWN

SERVINGS

6 to 8 salads

TOTAL TIME

40 Minutes

INGREDIENTS

—VINAIGRETTE

- ½ cup extra virgin olive oil
- 1 cup minced shallots
- ¼ cup minced garlic + 1 to 2 teaspoons finely minced garlic
- 2 tablespoons fresh lemon juice
- 2 tablespoons white wine vinegar
- 2 teaspoons tamari
- 1 teaspoon Dijon mustard
- 1 teaspoon freshly cracked black pepper
- ½ teaspoon sea salt
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon sugar

INGREDIENTS

—SALAD

- 1 cup cherry tomatoes (large ones halved, small ones left whole)
- 1 cup diced tomato
- 2 cups peeled and sliced cucumbers
- 1 ½ cups avocado chunks (about 1 large or 2 small avocados)
- Chopped fresh chives

DIRECTIONS

- Make the vinaigrette: In a large skillet, heat the olive oil over medium heat. Add the shallots and ¼ cup of garlic and sauté until the shallots begin to brown. Remove from the heat and let cool. Scrape them out of the pan and into a large bowl. Add the lemon juice, vinegar, tamari, finely minced garlic, mustard, black pepper, salt, pepper flakes, and sugar. Mix well.
- Assemble the salad: Gently fold the tomatoes, cucumbers, and avocado into the vinaigrette until everything is well coated. Garnish with chives and serve immediately.

LAGNIAPPE

- For this recipe, Sun Gold cherry tomatoes are my favorite to use, as they are incredibly sweet and juicy. If you are using English cucumbers, you can leave the skin on, as it is thin and crunchy. If you are using a traditional cucumber, I recommend peeling the skin off, since the waxy texture is not desirable. But that's up to you.

