Cucumber tomato avocado salad

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Cucumber tomato avocado salad drizzled with creamy Italian Vinaigrette is the perfect side dish to any summer meal!!!Quick, fresh, and delicious.

My mother served this easy cucumber and tomato salad most every night with dinner in the summer when the tomatoes where in season and it there peak flavor.

This tomato, avocado, onion and cucumber combo is delicious on its own on hot summer days when your craving something light. but pairs perfectly with bbq meals and crusty Italian bread.

Things to know when making cucumber, tomato avocado salad

Cucumbers: you can use Persian, English or regular

Tomatoes: My tomatoes aren’t ready yet. I bought 2 heirloom tomatoes at the market for six dollars. It really pays off to grow whatever you can. Not only is it more affordable he flavor can’t be bought.

red onion: Not only does it give the a salad a pop of color, but also a peppery taste. I like red onions on most salads

Avocado: Add a subtly nutty flavor with a hint of sweetness. They have a creamy, buttery texture that makes them a delicious addition to tomatoes and cucumbers.

Creamy Italian dressing brings it all together in the most

delicious way!!!

If you are looking for more summer salads try my refreshing watermelon cucumber feta salad or a summer favorite Italian pesto fusilli salad

Ingredients

- 2 peeled cucumbers
- 2 large heirloom tomatoes
- 1 medium avocado
- 1 sliced red onion
- 1/2 cup chopped Italian parsley
- 1/2 cup red wine vinegar
- 1 cup extra virgin olive oil
- 1/2 cup plain Greek yogurt
- 1/2 cup grated parmesan cheese
- 1 Tbsp. minced garlic
- 1 Tbsp. Italian herb blend
- salt and pepper to taste

Instructions

1. Start the prep by washing the cucumbers and tomatoes, peeling and dicing the red onion, mincing the garlic and peeling and slicing the avocado into medium size dice.
2. Cut the cucumbers in medium large cubes
3. Make the creamy Italian dressing. In a jar add the vinegar, olive oil, yogurt, minced garlic, Italian herbs ant the salt and pepper.
4. Shake well before coating the tomatoes , cucumbers, avocado and red onions with this creamy Italian vinaigrette.