

# Salad

## Avocado and Tomato Salad

*\*Vegan, Gluten-Free*

This is a quick and easy salad to make and it's a great way to incorporate the heart healthy monounsaturated fat into your diet.

### You'll Need

- 1 avocado
- 1 tomato
- Salt and pepper
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra virgin olive oil

### Directions

- Chop 1 avocado and 1 tomato and add to bowl.
- Add salt and pepper to taste.
- Add olive oil and vinegar and toss.



### Play with Your Food

- Sprinkle some feta cheese on top.
- Use lime juice instead of balsamic vinegar
- Add some chopped red or white onion

Medwell Kitchen Tested