

Avocado, Tomato & Red Onion Salad

10 servings

Ingredients:

Boston lettuce

3 ripe avocados

3 ripe medium-sized tomatoes

1 medium red onion

2 tbsp red wine vinegar

2 tbsp virgin olive oil

Salt + Freshly ground pepper

A few dashes of Tabasco

Preparation:

Halve the avocados and cut them in ½" dice into a mixing bowl.

Halve the tomatoes, scratch out the seeds and cut them in ½" dice into the bowl.

Cut the onion into very thin half-moon slices into the bowl.

Drizzle the vinegar and the olive oil over the veggies.

Season to taste with salt and pepper and a few dashes of Tabasco.

Gently mix the veggies without breaking the avocado dice too much.

Spoon the salad into whole cup-shaped leaves of Boston lettuce and serve right away.