

Avocado, Tomato & Red Onion Salad

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.