

# Simple Tomato and Avocado Salad

## Ingredients:

- 2 medium tomatoes, diced
- 1 avocado, chopped
- 1/4 cup red onion, diced
- 1 tablespoon olive oil
- 1 teaspoon lemon juice

## Directions:

1. Combine all ingredients in a small bowl and toss together.
2. Let stand 5 minutes before serving.

<b>Nutrition Facts</b>	
Serving Size (126g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 25%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: Food.com

