



Avocado salad - Serves 4

Ingredients:

- 4 avocados
- 1 lime, juice only
- 12 cherry tomatoes
- Dash Tabasco sauce
- 8 tbsp Greek yoghurt
- 4 slices bread, toasted

Method:

1. Scoop the avocado out of the skin, discard the stone and keep the skin whole
2. Dice the avocado
3. Put the diced avocado, lime juice, tomatoes (halved), Tabasco and yoghurt in a bowl and mix together gently
4. Put the salad into the empty skin
5. Serve with toast

Did you know ?

Avocados are very high in Vitamin E.

Vitamin E is good for the heart and the skin, hair and nails.

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22 Tennant Street

Edinburgh

EH6 5ND

T: 0131 467 7326

E: admin@edinburghcommunityfood.org.uk

W : www.edinburghcommunityfood.org.uk