



Episode 3 - Recipes

Tomato, Cucumber, Avocado Salad



INGREDIENTS

Cherry or grape tomatoes, diced - 1 small container (approx 1 1/2 cups)

1 avocado diced

1 cup cucumber, diced into small pieces

1 T good balsamic vinegar

1T EVOO (extra virgin olive oil)

1 t sea salt

fresh ground pepper

any fresh herbs

INSTRUCTIONS

Mix all ingredients together and serve