

Summer Cucumber Salad

Additional Notes

Tip

Add avocado to this salad right before serving. Allowing the diced avocado to sit too long may cause browning.
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Utah State University Extension - Create Better Health

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Ingredients

- 2 cucumbers, peeled and chopped
- 2 cups grape tomatoes, halved
- ½ red onion, minced
- ¼ cup cilantro, chopped (optional)
- 1 avocado, diced
- 1-15 ounce can black beans, drained and rinsed
- Juice of 2 limes
- Salt and pepper to taste

Instructions

1. Chop all ingredients, except for beans, and place in a large bowl.
2. Drain and rinse beans and add to bowl.
3. Pour lime juice over salad.
4. Add salt and pepper to taste.
5. Serve chilled or at room temperature.



Cooking with

Kids!

1. Have your kids help mix the salad together