

Lifestyle Coaching and Food Institute



Avocado Feta Cucumber Salad

Yield: 4 servings

Cost Per Serving: N/A
Cook Time: 10 minutes

Ingredients:

- 3 Tbsp extra virgin olive oil
- 1 ½ Tbsp red wine vinegar
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp pepper

- 2 English cucumbers (sliced)
- 1 large avocado (sliced)
- ½ cup reduced fat feta cheese, crumbled
- 1/4 of a red onion (thinly sliced)

Directions:

- 1. In a medium bowl, whisk together the olive oil, vinegar, garlic, oregano, salt and pepper until combined.
- 2. Add the cucumber slices, avocado slices, feta, and onion slices into the dressing and toss well.
- 3. Taste test and adjust salt and pepper, if desired.
- 4. Serve immediately.