

Avocado Salad

2 Avocados, pits and peels removed and sliced
¼ cup large green pitted olives, no sugar added, sliced in half
¼ cup chopped red onion
¼ cup cherry tomatoes, halved
1 Tbsp fresh lemon juice
2 tsp white wine vinegar
1 tsp garlic powder
1 tsp fresh ground pepper
1 Tbsp chopped fresh parsley

Combine above ingredients in medium bowl. Serve chilled or at room temperature.

Serves 4.

Calories 150 Fat 13g Sat Fat 1.5 Carbohydrate 10g Fiber 6g Protein 2g Sodium 250mg