



Tomato-Cucumber Toss

GF
option

V
option

INGREDIENTS

3 cups Hy-Vee sweep grape tomatoes, halved
1 English cucumber, sliced ¾-inch thick and quartered
1 avocado, seeded, peeled, and chopped
½ cup red onion, sliced
fresh cilantro, chopped, for garnish
Hy-Vee coarse-ground black pepper, for garnish

PREPARATION

- 1** For dressing, place yogurt, ½ cup cilantro, jalapeño, garlic, lime juice, and salt in a blender. Cover and blend until smooth. Set dressing aside.
- 2** Combine tomatoes, cucumber, avocado, and onion in a large bowl. Add dressing. Gently toss until coated. Cover and chill for 30 minutes before serving. Garnish with chopped cilantro and black pepper, if desired.

NUTRITION FACTS

Calories: 60
Total Fat: 3g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 70mg
Carbohydrates: 6g
Fiber: 1g
Sugar: 3g
Protein: 3g