

Sarah's Healing Touch

Mediterranean Salad

Ingredients:

- 3 medium tomatoes diced
- 2 organic cucumbers with skin diced
- 1 large avocado diced
- 1/2 small onion sliced into thin rings
- 10 Mediterranean green olives pitted and chopped
- 1/4 C. chopped fresh basil
- 1/3 C. olive oil
- 1/4 C. freshly squeezed lemon juice
- 1 garlic clove minced
- 1/2 t. sea salt or real salt
- 1/8 t. fresh ground pepper
- Green leaf lettuce leaves

Directions:

Put the olive oil, lemon juice, garlic clove minced, sea salt, pepper in a jar and put lid on and shake. Pour over veggies and toss. Enjoy!

Rejuvenate Refresh Relax