

Avocado Salad with Sweet Pepper and Tomatoes

FROM THE KITCHENS OF MARTHA STEWART LIVING AUGUST 2013 MEATLESS

YieldServes 1

Ingredients

1 teaspoon extra-virgin olive oil

Juice of 1/2 lime

1 small garlic clove, minced

Pinch of cayenne pepper

Coarse salt

1 firm, ripe avocado, halved and pitted

1 med. colorful sweet pepper, ribs and seeds removed, diced

6 cherry tomatoes, halved

1 scallion, trimmed and thinly sliced

1 tablespoon chopped fresh cilantro leaves, plus whole leaves for garnish

Preparation

1. In a small bowl, whisk together olive oil, lime juice, garlic, and cayenne. Season with salt.
2. Scoop out flesh from avocado halves, reserving shells, and chop. Transfer to a bowl and add bell pepper, tomatoes, scallion, and chopped cilantro.
3. Drizzle with dressing and season with salt. Gently stir to combine. Spoon mixture into reserved shells. Garnish with whole cilantro leaves and serve immediately.