

Tomato Cucumber Smash Salad

Inspired by the bright, herbaceous flavors of a traditional fattoush salad, this Tomato Cucumber Smash Salad was created for The Inner Table as a fresh, vibrant dish meant for sharing. Hydrating cucumbers, antioxidant-rich tomatoes, potent red onion, creamy avocado, fresh mint, and heart-healthy olive oil come together with lime and jalapeño for a refreshing balance of flavor, texture, and anti-inflammatory nourishment.

INGREDIENTS

1 pint grape tomatoes, halved
3 Persian cucumbers, cut into 1" rounds and smashed
1 medium avocado, large dice
4 slices red onion, full round, thinly sliced
1 teaspoon jalapeno , minced
15 leaves fresh mint, whole

DRESSING

3 limes, juiced
2 tablespoons extra virgin olive oil
1 teaspoon agave syrup
1 pinch salt

STEP 1

Combine tomato, cucumbers, avocado, red onion, jalapeño, and mint in a large bowl.

STEP 2

In a ball jar with lid or a small bowl, add lime juice, olive oil, salt, and agave and mix well.

STEP 3

Combine dressing with salad and gently toss. Add more salt to taste if needed.

SERVES

6

TIME

15 MIN

SHOPPING LIST

1 pint grape tomatoes
3 Persian cucumbers
1 medium avocado
1 small red onion
1 small jalapeno
1 bunch/pack mint
3 limes
1 bottle extra virgin olive oil
1 bottle agave syrup
salt

EQUIPMENT

Large bowl
Mandolin (for slicing onions); optional

STORAGE

Store in air tight container in fridge for 2 days