

Avocado and Tomato Salad with Queso Fresco

2 avocados, sliced
2 tomatoes, sliced into quarters
1/4 red onion, sliced
1/4 c. queso fresco*, crumbled
1/4 c. olive oil
2-3 T. red wine vinegar
2 T. fresh oregano, chopped

Toss the tomatoes, oregano and onions together, and place on a platter. Arrange the avocado slices on top and crumble the cheese over the vegetables. Drizzle the vinegar and then the oil on top. Sprinkle with sea salt and pepper. Serves 4.

* Available in our Cheese Department.

212 Calories; 12g Fat; 3g Protein; 12g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 25mg Sodium.