

# Tomato Stuffed Avocados



Serves 4

*Ready in no time, this delicious salad highlights beautiful and tasty avocados. Choose avocados that give to slight pressure. To remove the pit, cut fruit in half and gently twist, so seed is in one half. Carefully hit the pit with the sharp blade of a knife, so it is imbedded in the seed. Gently twist the knife handle and watch the seed come out. If you prefer a milder onion taste, you can sauté onions in a little water until they begin to soften, but we loved the fresh red onions! Recipe is from Simple & Delicious.*

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2 plum tomatoes, seeded and chopped  
3/4 c. thinly sliced red onion, quartered  
1 tsp. fresh basil leaves, cut into shreds

1/2 tsp. salt  
1/4 tsp. pepper  
2 medium sized ripe avocados, halved and pitted  
1-2 juicy limes

In a large bowl, gently toss the tomatoes, onion, basil, salt and pepper.

Place unpeeled avocado halves on individual salad plates. Spoon tomato mixture into and over avocado halves; squeeze on lime juice. Serve immediately.

