

# Tomato-Avocado Salad

*The Vermont Marble Inn - Fair Haven, VT*  
*The Great Country Inns of America Cookbook (2nd ed) (1992)*

*4 ripe tomatoes (preferably plum),  
peeled and seeded*  
*2 ripe avocados, diced in one-inch  
chunks*  
*1 clove garlic, minced fine*  
*6 sprigs cilantro, chopped*  
*1 large lime*  
*salt*  
*freshly ground pepper*  
*thin slices of lime (for garnish)*

Copyright: James Stroman

Dice the tomatoes into one-inch cubes.

In a large salad bowl, combine the tomatoes,  
avocado, garlic, cilantro, salt and pepper.

Split the lime. Squeeze the juice over the salad.  
Add salt and pepper to taste. Mix well.

Serve well chilled over a romaine leaf.

Garnish with thin slices of lime.

---

Per Serving (excluding unknown  
items): 55 Calories; 1g Fat (7.7%  
calories from fat); 3g Protein; 14g  
Carbohydrate; 1g Dietary Fiber;  
0mg Cholesterol; 25mg Sodium.  
Exchanges: 1/2 Grain(Starch); 0  
Lean Meat; 0 Vegetable; 1/2 Fruit.

## Salads

### Per Serving Nutritional Analysis

Calories (kcal):	55
% Calories from Fat:	7.7%
% Calories from Carbohydrates:	75.7%
% Calories from Protein:	16.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	14g
Dietary Fiber (g):	1g
Protein (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0

**Sodium (mg):** 25mg  
**Potassium (mg):** 565mg  
**Calcium (mg):** 163mg  
**Iron (mg):** 5mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 82mg  
**Vitamin A (i.u.):** 2099IU  
**Vitamin A (r.e.):** 210RE

**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 55 Calories from Fat: 4

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	25mg	1%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	1g	6%
<b>Protein</b>	3g	
<b>Vitamin A</b>		42%
<b>Vitamin C</b>		136%
<b>Calcium</b>		16%
<b>Iron</b>		28%

\* Percent Daily Values are based on a 2000 calorie diet.