Ensalada Criolla (Tomato-Onion Creole Salad)

This is a sunny, fun salad that marries crisp cucumber, punchy garlic, and a tangy kick—ready in minutes for casual sharing.

Country: Puerto Rico
Servings – 4-6
Prep time: 15-20 min / Inactive Time: 10-15 min

Ingredients

3 ripe tomatoes, cut into wedges or slices
1 medium red onion, thinly sliced
1 red bell pepper, thinly sliced (optional)
1–2 avocados, cubed (optional)
¼ C cilantro, chopped
3 T olive oil
3 T red wine vinegar or lime juice
Kosher salt and black pepper to taste

Method

Combine tomatoes, red onion, red bell pepper, avocado, and cilantro in a bowl.
Drizzle with olive oil and red wine vinegar or lime juice; season with salt and black pepper and toss gently.
Let sit 10–15 minutes to marinate before serving; serve chilled or at room temperature.
Notes:
Salad is best if eaten within 24 hours. (Add a pinch of sugar if tomatoes are underripe to balance acidity.)