

Avocado Salsa

Rebecca Hornbuckle

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*2 large tomatoes, seeded
and diced*

1/2 red onion, chopped

*1/2 cup fresh cilantro,
chopped*

1/4 cup olive oil

*2 tablespoons fresh lime
juice*

*1 to 2 large jalapeno
peppers, seeded and
minced*

salt (to taste)

1 large avocado, diced

In a medium bowl, combine the tomatoes, onion, cilantro, olive oil, lime juice and jalapeno.

Season with salt.

Add the avocado to the salsa just before serving.

Per Serving (excluding unknown items): 863 Calories; 86g Fat (84.4% calories from fat); 6g Protein; 29g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 47mg Sodium. Exchanges: 2 Vegetable; 1 Fruit; 17 Fat.