

Tomato Avocado Salsa

Ingredients:

2	Tomatoes, seeded and diced
2	Green onions, thinly sliced
1	Avocado
1	Jalapeno pepper, seeded and minced
1/3 cup (75 mL)	Chopped fresh cilantro or parsley
2 tsp (10 mL)	Freshly squeezed lime juice

Directions:

In a bowl, combine tomatoes, green onions, avocado, jalapeno, cilantro and lime juice; toss well. Serve immediately or let stand for 1 hour before serving.

Nutrition Tip:

Avocados are often avoided, as they contain a lot of fat and calories. But they are also packed with heart-friendly monounsaturated oil and other valuable nutrients, so enjoy them in moderation for their many health benefits.

Calories: 36	Fiber: 2g	Fat: 3g	Cholesterol: 0mg
Carbohydrate: 3g	Protein: 1g	Saturated fat: 0g	Sodium: 4 mg