

# APPLE & AVOCADO SALSA

## SIDES



### INGREDIENTS

1 Granny Smith apple, diced  
1 avocado, pitted, peeled and diced  
1/2 cup diced red pepper  
1/4 cup finely chopped red onion  
4 tablespoons chopped fresh cilantro  
1/2 teaspoon grated lime rind  
2 tablespoons fresh lime juice  
Salt and pepper to taste

### DIRECTIONS

1. Mix together all ingredients in a large bowl.
2. Keep covered and chilled until ready to serve. Use as a topping for turkey burgers or tacos, as a snack with baked tortilla chips, or as a side to grilled chicken, fish or pork.

---

#### Yield:

6, 1/2 cup servings

#### Total Cost:

\$4.25

#### Cost per Serving:

\$.71

**Variations/Tips:** Use yellow or green onions (also called scallions) in place of red onion. Substitute lemon juice for lime juice. Add a pinch of cayenne pepper or diced jalapeno to taste for spicier salsa. Season with 1/2 teaspoon fresh garlic, garlic powder, chili powder or cumin if desired.

**Source:** Adapted from MyRecipes.org

**Nutritional Info (per serving):** 76 Calories; 4.5g Fat (.6g saturated); 1.3g Protein; 8.6g Carbohydrate; 3.6g Fiber; 100mg Sodium