



Citrus & Avocado Salsa



Ingredients:

- 2 Large, ripe avocados
- 1 Red grapefruit
- 2 Navel oranges
- 2 Tangerines
- 1 Red bell pepper
- 1 Jalapeno pepper, (optional)
- 1/2 Red onion
- 1 Bunch cilantro, chopped
- Juice of 2 limes
- 1/2 Tsp. salt
- 1/4 Tsp. pepper
- Baked tortilla chips.

Preparation: Peel and section fruit or cut into small pieces. Dice red pepper, onion, cilantro, avocado and jalapeno pepper. Combine all ingredients in bowl. Mix together with lime juice. Serve with baked tortilla chips.

*****High in Vitamin C and other Antioxidants*****

Nutritional info. for one serving:

Calories 90, Fat 5 gm,
Saturated Fat 1 gm,
Cholesterol 0 mg,
Sodium 105 mg.

Recipe Source: Dona Richwine, RD

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev.1/2010



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