



Orange and Avocado Salsa



Makes 2 cups, 4 servings

Ingredients:

- 1 Cup chopped orange sections (about 3 oranges)
- 1/2 Cup diced peeled avocado
- 1/4 Cup thinly sliced spinach
- 3 Tbsp. chopped red onion
- 2 Tbsp. chopped fresh cilantro
- 2 Tbsp. fresh lime juice
- 1 Tbsp. minced seeded jalapeño pepper
- 1/4 Tsp. salt.

Preparation:

Combine all ingredients in a bowl
Toss well.

Nutritional Information per serving 1/2 cup:

Calories 59,
Fat 3g, Protein 1.1g,
Carbohydrates 8.5g,
Fiber 2.8g,
Cholesterol 0 mg,
Calcium 29mg
Sodium 153mg.

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

Rev. 01/2010

Source: Bon Appetite Magazine.



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