

# AVOCADO MANGO SALSA\*

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Avocado, diced	1 ea.
Mango, diced	1 cup
Red onion, fine dice	½ ea.
Cucumber, small, fine dice	1 ea.
Rice wine vinegar	⅛ cup
Lime juice	⅛ cup
Olive oil	⅛ cup
Cilantro, chopped	¼ cup
Garlic, small, fine dice	1 ea.

## **Method**

1. Combine all the ingredients, season to taste.

## **Nutrition Information (per serving/portion)**

Calories: 95/Protein: 1 g/Carbohydrate: 7 g/Fiber: 2.5 g/Carbohydrate to fiber ratio: 3  
Saturated fat: 1 g/ Polyunsaturated fat:1 g/ Monounsaturated fat: 5 g  
Trans fat: 0 g/ Sodium: 5 mg/ Potassium: 230 mg/ Added Sugar: 0g

*\*This recipe meets all HKHL Recipe Nutrition Goals for a lunch or dinner entrée.*

Source: Auden McClure, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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