

Tomato-Avocado Salsamole



Makes 2 servings

- ¼ C finely chopped red onion
- 1 tsp minced jalapeno (or more, to taste)
- 1 Tbsp lime juice
- 1 Tbsp cider vinegar
- 1 tsp minced garlic
- ¼ tsp salt
- 1 ripe avocado (preferably Hass),
peeled, pitted and coarsely scrubbed
- 1 medium tomato, chopped
- ¼ C chopped cilantro

1. Combine onion, jalapeno, lime juice, vinegar, garlic and salt in bowl.
2. Add avocado, tomato and cilantro; stir well.
3. Serve immediately. To store, reserve avocado pit, adding to mixture to prevent browning; cover tightly with plastic wrap, and refrigerate.
4. Serve with lightly toasted whole wheat pita bread cut up into triangles.

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 90
Total Fat: 8g
Saturated Fat: 2.1g
Fiber: 3.1g
Carbohydrates: 8g

Sugar: 2g
Protein: 2g
Sodium: 25mg
Calcium: 20mg
Potassium: 805mg

Recipe reprinted from *You on a Diet, The Owner's Manual to Waist Management*, with permission from the authors.