

# Avocado Salsa

1 medium avocado, peeled and diced  
2 cup chopped, seeded and peeled cucumber  
1 cup chopped onion  
1 Anaheim chile, seeded and chopped  
½ cup chopped fresh tomato  
2 tablespoons chopped fresh cilantro  
½ teaspoon salt  
1/4 teaspoon hot pepper sauce

## DIETARY EXCHANGES:

Free

## NUTRIENTS PER SERVING:

Cal.: 13	Cal. from Fat: 60%
Total Fat: 1 g	Sat. Fat: 1 g
Carb.: 1 g	Protein: 1 g
Chol.: 0 mg	Sodium: 38 mg
Fiber: 1 g	

*\*Chili peppers can sting and irritate the skin. Wear rubber gloves when handling peppers and never touch eyes. Wash hands after handling chili peppers.*

Combine avocado, cucumber, onion, chile, tomato, cilantro, salt, and hot pepper sauce in medium bowl. Mix well. Refrigerate, covered, at least 1 hour to allow flavors to blend. Serve as dip or condiment.

*Makes about 3 cups (2 tablespoons per serving)*

Source: Diabetic Cooking Magazine

