

Avocado Tomato Salsa

Choose vegetables or fruit for a quick and healthy snack! Whole grain crackers topped with this delicious salsa can help you meet your goal of 7–10 servings of Vegetables and Fruit daily.



Ingredients:

2 cups	Tomatoes, finely chopped	500 mL
1 medium	Avocado, diced	1 medium
¼ cup	Red onion, finely diced	60 mL
⅓ cup	Green onion, minced	75 mL
¼ cup	Cilantro, chopped	60 mL
2 Tbsp	Canola oil	30 mL
3 Tbsp	Fresh lime juice	45 mL
1 clove	Garlic clove, minced	1 clove
¼ tsp	Chili pepper flakes	1 mL
½ tsp	Salt	2 mL

Directions:

1. In a medium bowl, combine all ingredients.
2. Refrigerate for at least 30 minutes before serving.

Makes 5 servings (125 mL/ ½ cup/ 126 g each)

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Nutrition Facts	
Per 1/5 of recipe (125 mL/ ½ cup/126 g)	
Amount	% Daily Value
Calories 110	
Fat 10 g	15 %
Saturated 1 g	5 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 240 mg	10 %
Carbohydrate 7 g	2 %
Fibre 3 g	12 %
Sugars 3 g	
Protein 1 g	
Vitamin A	6 %
Vitamin C	25 %
Calcium	2 %
Iron	4 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Low in saturated fat	1 g
High in potassium	357 mg
Source of magnesium	19 mg
Source of folate	30 mcg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.