

Tangy Citrus Avocado Salsa

Wake up your senses with this fresh and zingy salsa that combines tart citrus mixed with creamy avocado for a satisfying snack!

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

3 each	Oranges, any variety
2 each	Avocados
¼ each	Red Onion, finely chopped
¼ cup	Fresh Cilantro, chopped
1	Lime, juiced
¼ tsp	Kosher Salt



CHEF'S NOTES

Oranges are a great source of vitamin C and can help with immune support. Avocados contain healthy fats and fiber which can help us feel full for longer. They also provide vitamins and minerals such as potassium, vitamin E, magnesium, and folate!

Serve with our Homemade Tortilla Chip recipe! For best texture, eat within 1-2 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Peel the oranges and remove excess pith and seeds. Separate fruit into wedges and cut each wedge into four pieces. Cut the avocado in half lengthwise and twist open. Remove the pit and score the flesh into 1-inch sections. Use a large spoon to remove the cubes.
3. Combine the orange pieces and avocado with the cilantro, lime juice and salt.
4. Stir until fully combined. Place in the refrigerator for about 15 minutes before serving to allow the flavors to develop.

Nutrition Facts

8 servings per container

Serving Size 1/2 cup (132 g)

Amount per serving

Calories 110

% Daily Value *

Total Fat 7g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 13g 5%

Dietary Fiber 5g 17%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 2g 3%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.37mg 2%

Potassium 400mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

