

Avocado Mango Salsa



1 avocado, pitted, peeled and diced
1 lime, juiced
1 mango, pitted, peeled, and diced
1 small red onion, chopped

1 habanero pepper, seeds removed,
diced
1 Tablespoon chopped fresh cilantro
1/4 teaspoon salt

Instructions: In a medium bowl, add avocado and lime juice; gently stir. Stir in the mango, onion, habanero pepper, cilantro and salt. Note: Serve with pork, chicken, fish or chips.

Yield: 8 servings

Nutrition Facts (per serving): 60 calories, 3 grams fat, 75 milligrams sodium, 9 grams carbohydrate, 2 grams fiber, 1 gram protein