

Salsa-molé Olé!

What You'll Need

2 1/2 cups chopped tomato,
seeds removed

1/2 cup red onions, chopped

1/2 avocado, diced

2 tablespoons fresh lemon juice

2 tablespoons jalapeño pepper,
seeded and chopped

1 tablespoon chopped cilantro

salt and pepper to taste

baked tortilla chips or
baguette, toasted

Serves 4

Let's Cook!

- 1 Combine ingredients in a medium bowl.
- 2 Refrigerate until ready.
- 3 Serve with baked tortilla chips or toasted baguette.

Nutrition Facts

Serving Size (173g)
Servings Per Container 4

Amount Per Serving	
Calories 70	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 20%	Vitamin C 35%
Calcium 2%	Iron 2%



Appetizers