

AVOCADO-TOMATO SALSA

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Photo: Canva

Salsa is always a welcome party or happy hour snack, and also serves well as a tasty condiment for many entrees. This avocado version is fresh, tantalizing and slightly addictive - you'd never guess it's full of brain and health-boosting ingredients.

Makes: approximately 5 – 6 cups

INGREDIENTS

3 large avocados, firm but ripe, peeled, diced
1 pint cherry tomatoes, quartered
1 small to medium jalapeño, seeded, minced
1/2 cup small diced red onion
1/3 cup chopped fresh cilantro
3 tablespoons olive oil
2 tablespoons lime juice
1 tablespoon white balsamic vinegar
1/2 teaspoon chili powder
1/2 teaspoon kosher salt
1/4 teaspoon ground cumin

DIRECTIONS

1. Place the avocado, tomatoes, jalapeno, onion, and cilantro into a large mixing bowl. Gently mix to combine.
2. In a small bowl, whisk together the olive oil, lime juice, white balsamic, chili powder, salt, and cumin. Pour over the avocado mixture and gently toss to coat. Avoid over mixing.
3. Taste and add more salt if needed.
4. Serve immediately with corn tortilla chips, raw vegetables, or cooked entrees.

NOTE: Avocados have a tendency to turn brown when exposed to oxygen. To minimize browning when storing the salsa, place plastic wrap directly over the salsa in a storage container, pressing out as much air as possible. Cover tightly and refrigerate for up to 2 days.