

Grapefruit Avocado Salsa

Who says salsa has to have tomatoes? We sure didn't. This unconventional approach to salsa uses tart and refreshing grapefruit combined with creamy avocado and a little jalapeno for heat and make the perfect dip for chips or serve it over fish or chicken for a flavorful change of pace.

🕒 Prep: 10 mins Total: 10 mins

👤 Servings: 6

1x

2x

3x

INGREDIENTS

- 1 large grapefruit, peeled and sectioned
- 1 medium avocado, diced
- ½ medium cucumber, diced
- ⅓ cup red onion, diced
- 1 small jalapeno, seeded and diced
- Juice of 1 lime
- ¼ cup cilantro leaves, chopped
- ¼ tsp. cumin
- ½ tsp. sea salt

INSTRUCTIONS

1. Use a large knife to cut the peel away from the grapefruit. Then use a paring knife to cut the sections from the membranes.
2. Place grapefruit sections in a medium bowl along with remaining ingredients.
3. Gently stir to combine. Serve immediately or store in a covered container in the fridge for up to 2 days.

NOTES

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NUTRITION INFORMATION

Serving Size: 1/3 cup Calories: 55 Fat: 4g Sodium: 156mg Carbohydrate: 8g (Fiber: 2g Sugar: 4g) Protein: 1g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Vegan Vegetarian Whole30

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