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Strawberry-Avocado Salsa

from *Cooking Light*

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Serve this sweet and savory salsa with roast chicken, sautéed fish, or grilled pork tenderloin. You can also enjoy it as a snack with baked tortilla chips.

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Outstanding

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YIELD: 4 servings (serving size: 1/4 cup)
COURSE: Sauces/Condiments

Ingredients

- 1 cup finely chopped strawberries
- 1/4 cup finely chopped peeled avocado
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 2 teaspoons finely chopped seeded jalapeño pepper
- 1/4 teaspoon sugar

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Preparation

1. Combine all ingredients in a medium bowl; toss gently. Serve immediately.

Maureen Callahan, *Cooking Light*
MAY 2009

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Photo: Randy Mayor; Styling: Cindy Barr

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Nutritional Information

Amount per serving

Calories: 34

Fat: 1.6g

Saturated fat: 0.2g

Monounsaturated fat: 0.9g

Polysaturated fat: 0.3g

Protein: 0.6g

Carbohydrate: 5.4g

Fiber: 1.5g

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Cholesterol: 0.0mg
Iron: 0.3mg
Sodium: 2mg
Calcium: 11mg

Wine pairings for **Strawberry-Avocado Salsa** 

Sauvignon Blanc Wines from New Zealand

These fruity white wines have a strong body, allowing them to work well with this dish



Metis Hawk's Bay Sauvignon Blanc 2007

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Ratings and Reviews (16)

 *Outstanding*

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rcturner525
 Posted: 04/20/11

Delicious! I added some salt, which I felt it needed, and I used a whole small avocado (maybe 1/2 cup when chopped). Great over pan-broiled tilapia.



 Worthy of a special occasion

Saecca

Posted: 05/09/10



Outstanding

LOVED THIS! I served it over grilled lean pork tenderloins. I would double the recipe because you will definitely want more the next day with chips. I would make this to impress people that strawberries and onions can actually taste amazing together.

retrodicey

Posted: 11/11/09



Outstanding

Perfect! I made this to go along w/our chicken & spinach enchiladas and it was such a hit! We had dinner guests over, so that made me smile even more. Great recipe & super easy!

Christina1618

Posted: 08/03/09



Outstanding

This recipe is divine over thinly sliced grilled pork. Exceptionally wonderful considering how few calories are in it.

Jorgan

Posted: 07/28/09



Outstanding

So delicious! When my husband first saw the recipe he thought it wouldn't taste good, however the two of us ate the entire recipe for dinner tonight! Made it with grilled chicken breasts and also ate it with chips.

MFBarry

Posted: 06/25/09



Outstanding

I made this last night for friends and it was a huge hit. I omitted the red onions (I don't like them) and it was still very good. I served it with pork tenderloin and it was the perfect match. Can't wait to make again.

MrMoose

Posted: 06/17/09



Outstanding

I served this salsa over bake balsamic chicken. It is outstanding! Good to serve with chips too.

Conniecooks2

Posted: 06/08/09



Outstanding

Great combination of flavors. I made this for a cookout and all eight of us loved it just with tortilla chips. I used a whole avocado and a bit more fruit. We ate the rest the next day and it was still tasty.

JNVitullo

Posted: 05/24/09



Outstanding

I love this recipe! I had to quadruple the ingredients when I made it the 2nd time because it was such a big hit in my family!

WillGetheatlthy

Posted: 05/16/09



Worthy of a special occasion

The salsa was very easy to make. I chopped everything into small chunks and pulsed it all in a food processor a few times. I added some garlic to give it more kick (and because I'm a garlic fan). It was excellent plain, with tortilla chips. It was also good served on top of grilled swordfish. I gave it a four because I felt like the lime was slightly overpowering and it needed garlic. I like it enough to make a big batch to bring to work!

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