* Summer Salsa*

Ingredients

1 ripe avocado, peeled and sliced

1 cup ripe mango, chopped

1 jalapeño pepper, seeded and finely chopped

1/2 cup jicama, chopped

Juice of 1 lime
Salt and pepper to taste
1/4 cup cilantro, finely chopped

Details

- In a mixing bowl, combine avocado, mango, jalapeño pepper, jicama, and lime juice. Remember that this is salsa, so you want everything chopped fairly small.
- Season to taste with salt and pepper
- Mix in the cilantro
- Let salsa sit at least 20 minutes for flavors to meld before serving (this makes a big difference!)

Yields approximately 3 cups, or 12 1/4-cup servings (35 calories each)

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