

Grapefruit Avocado Salad

Ingredients:

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1 cup diced pink grapefruit segments
1/4 cup green onions, green and white parts finely chopped
1 tablespoon minced garlic
1 tablespoon diced jalapeno
1 teaspoon lime zest
1 tablespoon lime juice
2 teaspoons sugar
1/4 cup chopped cilantro
1/4 teaspoon kosher salt
1/4 cup diced avocado

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits and vegetables before preparing.
2. Combine grapefruit, green onions, garlic, jalapeno, lime zest, lime juice, sugar, cilantro and salt in a small bowl. Mix well to combine.
3. Gently fold avocado into mixture. Serve immediately.

Nutrition Facts (Per Serving)

Calories, 110; Carbohydrate, 18 g; Protein, 1 g; Total Fat, 3.5 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 3 g; Total Sugars, 13 g; Sodium, 240 mg; Calcium, 28 mg; Folate, 38 mcg; Iron, 0 mg; Calories from Fat, 29%.

Makes 2 servings, 1/2 cup each

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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