Dinner Tonight!

Tropical Salsa

1 ripe avocado, peeled
1 ripe papaya, peeled
2 ripe tomatoes, seeded
½ cup pineapple chunks, drained
2 fresh jalapeno peppers, seeded and finely minced
4 green onions, trimmed and finely sliced
Juice of 1 lemon
2 Tablespoons canola oil

Wash your hands and clean your cooking area. Wash, peel, seed, and chop avocado, papaya, tomatoes, pineapple, peppers and onions. Place all ingredients into a mixing bowl and mix well. Refrigerate until ready to serve.

Preparation Time: 20 minutes
Chill Time: 30-60 minutes
Serves: 16

Nutrition facts per serving:
Calories: 50
Total Fat: 3.5 g
Cholesterol: 0 mg
Sodium: 0 mg
Total Carbohydrate: 5 g
Protein: 1 g