



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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AVOCADO SALSA

INGREDIENTS

- 16 6-inch corn tortillas, each cut into 6 wedges
- 1/8 tsp. salt and 1/8 tsp. salt and 1/4 tsp. salt (divided use)
- 1/2, 15.5 oz. can no-salt-added black beans (rinsed, drained)
- 1 medium cucumber (peeled, seeded, finely chopped)
- 1 small green bell pepper (finely chopped)
- 1 medium rib of celery (finely chopped)
- 2-3 tbsp. snipped, fresh cilantro
- 2 tbsp. fresh lime juice
- 1/8 tsp. crushed red pepper flakes
- 2 medium avocado (diced)



DIRECTIONS

1. Preheat the oven to 350°F.
2. On a large baking sheet, arrange half the tortilla wedges in a single layer. Bake for 10 minutes, or until lightly golden. Sprinkle with 1/8 teaspoon salt. Transfer to a serving bowl. Repeat with the remaining tortilla wedges and the remaining 1/8 teaspoon salt.
3. Meanwhile, in a medium serving bowl, stir together the beans, cucumber, bell pepper, celery, cilantro, lime juice, the final 1/4 teaspoon salt and red pepper flakes. Using a rubber scraper, gently fold in the avocados. Serve with the tortilla wedges.

NUTRITIONAL INFORMATION | Serving Size: 1/4 cup salsa and 6 chips
Calories: 108; Total Fat: 4.5g; Saturated Fat: 0.5 g; Polyunsaturated Fat: 1.0 g;
Monounsaturated Fat: 2.5 g; Sodium: 88 mg; Total Carbohydrate: 16 g; Dietary
Fiber: 4g; Sugars: 1g; Protein: 3g.