

Avocado and Strawberry Salsa

Courtesy of Carole's Creations

Prep Time: minutes

Cooking Time: minutes

Serves:

CChints: This refreshing salsa goes well with a variety of sides; salsa with sturdy chips, as a topping for grilled fish or chicken, or even cottage cheese. Strawberries are in season in the spring, so what a nice time of year to enjoy them.



- 2 finely chopped Haas avocados
- 1-1/2 cups finely chopped strawberries
- 2/3 cup fresh blueberries
- 2/3 cup diced seeded cucumber
- 1 green onion, sliced, green and white parts
- 2 tablespoons minced fresh cilantro
- 1 tablespoon fresh lime juice
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon salt

To cut the avocado, run a sharp knife lengthwise around the fruit. Gently twist the two halves and pull it apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Use a large spoon to scoop out the flesh. Get the spoon between the flesh and the outer covering and slide it around and down to the bottom and the piece will fall out onto your cutting board. Do the same for the other half and dice both halves and put them into a large mixing bowl.

Rinse the strawberries and use a small sharp knife to cut off any green tops. Then run the knife in a circle around the center white core and pull it out. Cut the berries in half and then into smaller pieces and add them to the mixing bowl.

Add the rest of the ingredients and stir gently so you don't mash the tender avocados. Cover and refrigerate for 15 minutes to allow the flavors to mix...but not too long or the avocado will start to turn down.