

# Avocado Salsa III

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*(four tablespoons) juice of  
two limes*

*1 Hass avocado, peeled,  
pitted and diced*

*1 small jalapeno pepper,  
minced*

*1 large shallot, diced*

*1/4 bunch cilantro, chopped*

*3 tablespoons extra-virgin  
olive oil*

*1 tablespoon sugar*

*1 teaspoon Kosher sea salt*

*1/2 teaspoon pepper*

Squeeze the limes for juice.

In a large bowl, combine the lime juice, avocado, jalapeno, shallot, cilantro, olive oil, sugar, salt and pepper. Blend well.

Cover and chill for 30 minutes or overnight.

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Per Serving (excluding unknown items): 422 Calories; 41g Fat (84.7% calories from fat); 1g Protein; 16g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 8 Fat; 1 Other Carbohydrates.