

Avocado Salsa

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1 large tomato, seeded and chopped
1 medium ripe avocado, peeled and chopped
1 small onion, chopped
1/2 cup fresh cilantro, minced
1 1/2 teaspoons olive oil
1 clove garlic, minced
2 tablespoons balsamic vinaigrette

In a small bowl, combine the tomato, avocado, onion, cilantro, oil, garlic and vinaigrette.

Chill until serving.

Per Serving (excluding unknown items): 134 Calories; 7g Fat (46.3% calories from fat); 3g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 3 Vegetable; 1 1/2 Fat.