

Mango - Avocado Salsa

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

3 ripe avocados, diced large
2 ripe mangos, diced large
1 red onion, diced medium
1 bunch cilantro, chopped
8 cloves garlic, minced
1/4 cup olive oil
juice of one small lime
salt (to taste)
pepper (to taste)

In a bowl, gently combine the avocados, mangos, onion, cilantro, garlic, olive oil, lime juice, salt and pepper.

Chill.

(Serve over fresh grilled tuna, dolphin or grilled chicken.)

Per Serving (excluding unknown items): 579 Calories; 54g Fat (82.3% calories from fat); 4g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Vegetable; 11 Fat.