MANGO AND AVOCADO SALSA

Time: 20 min.
Servings: 5 people

Ingredients:
- 1 - 2 tablespoons raspberry vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon minced garlic
- 1/2 teaspoon honey
- 1 teaspoon minced fresh jalapeno peppers
- 2 tablespoons finely minced red onion
- 1 ripe avocado
- 1 ripe mango, rinsed and sliced*
- 2 tablespoons chopped roasted walnuts
- 1 lime
- Washed lettuce leaves or whole wheat tortilla chips
- Salt and pepper to taste

Directions:
- In a bowl, whisk together vinegar, olive oil, honey, garlic, onion and jalapeno.
- Season to taste with salt and pepper and combine with the sliced mango.
- Peel, halve and pit the avocado. Cut the avocado into pieces and mash together with the mango salsa.
- Serve mango and avocado salsa on lettuce or tortilla chips; garnish with walnuts and fresh lime juice.
*If mangos are not in season, strawberries, pineapple, granny smith apples, or tomatoes can be used.

Did you know? The avocado is actually a fruit. It is considered to be a "single-seeded berry," with origins in Southern Mexico and Central America. Avocados are nutrient dense and contain monounsaturated fat, fiber, vitamin E, vitamin B folate, and potassium.

Visit the BYL blog and website for more delicious, healthy recipes and other useful information! http://sites.tufts.edu/balanceyourlife/ and http://ase.tufts.edu/healthed/balance.htm