Strawberry, Cucumber & Avocado Salsa



Pieza:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl
Valora: ★★★★★

Contribuido por:

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Agregar un Comentario

Descripción de la Receta:

Sun ripened sweet strawberries are light and refreshing in a salsa. Fruit salsas are the perfect accompaniment to lighter warm weather eating.

2 cups (1 pint) strawberries, washed, hulled and waffled, use Cone #5 (332 g)
1 cucumber, strung, use Cone #2
¼ cup red onions, strung, use Cone #2 (29 g)
½ teaspoon ground cumin (1 g)
½ teaspoon natural salt (3 g)
¼ cup fresh cilantro leaves, chopped (4 g)
2 tablespoons lime juice (30 ml)
1 tablespoon extra-virgin olive oil (15 ml)
1 ripe avocado, peeled and pit removed, medium dice

Preparación :

1. Using the food processor, raise the food guide flap and place

strawberries into hopper. Use the guide flap to process strawberries directly into the bowl.
2. Process cucumbers and red onions directly into the bowl, over the strawberries.
3. Add cumin, salt, cilantro, lime juice and olive oil. Mix gently to combine.
4. Add avocado and fold into other ingredients. Taste and adjust seasonings as needed.

Consejos:

- Placing whole strawberries in the freezer for approximately 5 - 10 minutes will make them easier to process.
- Serve salsa with toasted corn tortilla chips for a refreshing appetizer.
- Serve salsa as a topping with grilled fish, shrimp, crab cakes or pan seared salmon.
- Serve salsa with pan seared or grilled marinated tempeh.
- Substitute cilantro for fresh basil leaves.
- Serve salsa chilled.

Información nutricional por ración

Calorías: 48
Grasa Total: 4g
Grasa Saturada: 1g
Colesterol: 0mg
Sodio: 100mg
Carbohidratos: 5g
Fibra Dietética: 2g
Azúcar: 2g
Proteína: 1g