

Papaya Avocado Salsa

If you are expecting a crowd, make up this entire recipe of Papaya Avocado Salsa. Otherwise, it's easy to cut the recipe in half and make it fresh just before eating, rather than having leftovers. Use firm tomatoes, so they retain their shape. Plum tomatoes work well for this. Choose a ripe avocado that gives a little when pressed so that the pieces stay a bit firm.. An overripe avocado that is more squishy would be better for mashing into guacamole. Since the fruits are all different sizes, use an even ratio of papaya to tomato and avocado. My favorite way to serve Papaya Avocado Salsa is on top of chicken burgers with a little mayo and lettuce on a toasted bun.

1	papaya, halved, seeded, peeled and diced	2 Tablespoons	lime juice
4	plum tomatoes, diced	2 Tablespoons	olive oil (optional)
¼ cup	chopped cilantro	1 pinch	salt and pepper to taste
4 cloves	garlic, minced	2	avocados, seeded, cubed and peeled

- 1 Peel, seed and dice the papaya and place in a bowl along with the diced tomatoes.
- 2 Mince the garlic and coarsely chop the cilantro. Add to the bowl along with the lime juice and optional olive oil. Season with salt and pepper and mix gently.
- 3 Just before serving, dice the ripe avocado. The best way to do this is to slice the avocado in half with a heavy chef's knife. Dig the edge of your knife into the pit and twist to remove it. Then using a butter knife, score the avocado into squares. Use a large spoon to scoop it out. Top the salsa with the diced avocado and mix in ever so gently, so that you do not bruise the avocado.
- 4 Serve the Papaya Avocado Salsa on top of grilled chicken breasts or a filet of salmon or with tortilla chips.

Servings: 8

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 125 calories, 87 calories from fat, 10.2g total fat, 0mg cholesterol, 44.9mg sodium, 442.3mg potassium, 9g carbohydrates, 4.2g fiber, 3g sugar, 1.7g protein.

Source

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Source: McCall's Magazine, May 1991

