Avocado Salsa

**INGREDIENTS:**
- 2 avocados, cubed
- 2 Roma tomatoes, seeded and diced
- 1/4 c. red onion, diced
- 1/2 lime, juiced
- 2 Tbsp. cilantro, finely chopped
- 1/4 tsp. garlic powder
- Salt and pepper to taste

**DIRECTIONS:**
Combine all ingredients in a bowl. Gently stir to combine.

**NUTRITION:**
Makes four (1/2 cup) servings. Each serving has 170 calories, 15 g fat, 2 g protein, 11 g carbohydrates, 7 g fiber and 10 mg sodium.