Avocado Salsa

Makes eight servings. Each serving has 90 calories, 7 gram (g) fat, 1 g protein, 6 g carbohydrate, 4 g fiber and 0 mg sodium.

Prep time: 5 minutes

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

DIRECTIONS:

Start with 2 avocados, cubed.
Add diced tomatoes.
Add diced red onion.
Add cilantro and garlic powder.
Juice 1/2 of a lime.
Gently stir together to combine.