

Strawberry, Cucumber & Avocado Salsa



Utensil:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl

Rate ★★★★★

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

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

Directions:

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.

Tips:

- 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.

Nutritional Information per

▼ Serving

Calories: 48
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 100mg
Total 5g
Carbs:
Dietary Fiber: 2g
Sugar: 2g
Protein: 1g