

## Strawberry, Cucumber & Avocado Salsa



### Utensil:

Saladmaster Food Processor  
3.5 Qt. Double Walled Bowl

**Rate** ★★★★★

### Recipe:

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### 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