



Avocado and Peach Salad

4 Servings

INGREDIENTS

- 2 medium fresh avocados
- 1 onion
- 1 lemon, juiced
- 2 tablespoons raisins
- 1 pinch cayenne pepper
- 1 teaspoon ground thyme
- 2 medium peaches, diced
- Optional salt
- Optional pepper

DIRECTIONS

1. Halve the avocados and remove pit. Carefully scoop out the meat, making sure to not damage the skin.
2. Place avocado in a medium bowl and add lemon juice, cayenne pepper, ground thyme, salt if desired, pepper, and mash until creamy.
3. Add in peaches and raisins and mix until well combined.
4. Divide the salad into four servings and spoon into avocado skins.

NUTRITION ANALYSIS (PER SERVING)	
Calories	220
Total Fat	15 g
Saturated Fat	2 g
Trans Fat	0 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	10 g
Cholesterol	0 mg
Sodium	10 mg
Carbohydrates	23 g
Fiber	9 g
Sugars	8 g
Added Sugars	0 g
Protein	3 g
Dietary Exchanges: 1 fruit, 2 vegetable, 3 fat	

This recipe from Avocados From Mexico is an American Heart Association Heart-Check Certified Recipe.

