



Adapted Kachumbari Salad



Immaculate Bites

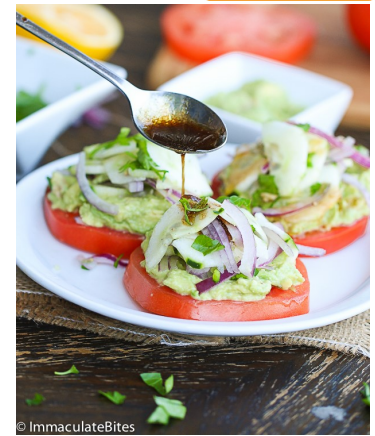
Ingredients



- 2 tomatoes diced
- 1/2 large red onion diced
- 1-2 jalapenos seeded, diced
- 1-2 garlic minced
- Juice from 1 lime
- Chopped cilantro
- 1 medium cucumber
- Salt and pepper to taste

Dressing

- 1 garlic clove minced
 - 1/4 c olive oil
 - 2 tbsp. lemon juice
 - 2 tbsp. balsamic vinegar
 - 1 tbsp. honey
 - 2 tbsp. parsley
 - Salt and pepper to taste
- Serving size: 1 cup
Yield: 2 cups



Directions



- Combine ingredients; tomatoes, onion, cucumber, jalapeno, lime and herbs. Season with salt and pepper
- Place beef tomatoes on a plate, spread mashed avocado on tomatoes then top with kachumbari.

Dressing

- Combine garlic, lemon juice, balsamic vinegar, olive oil, honey, salt, pepper and herbs in a blender

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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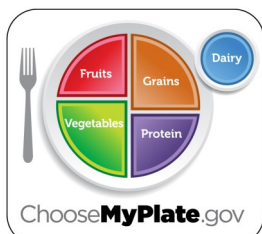

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Fast Facts



Featured Food Groups

Nutrition Facts

2 servings per container

Serving size 1 cup

Amount Per Serving

Calories 500

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 5.4g	27%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 43g	16%
Dietary Fiber 13g	46%
Total Sugars 23g	
Includes 9g Added Sugars	18%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.88mg	15%
Potassium 1598mg	35%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips 



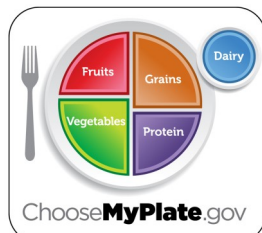

Second Harvest is an equal opportunity provider.



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