

Seasonal Foods: Awesome Avocados | CCM Staff | April 2009



For salsa and guacamole lovers, this is the best of both in one bowl. This versatile salsa can be used in many ways, but it's particularly well suited as a topping for dishes like fish tacos. Because avocados are a surprisingly complete food with powerful nutritional benefits, eat up! Go to the Living Locavore guide on the CCM website to find local growers.

Avocado and Tomatillo Salsa

*5 tomatillos, ⅓-¼ inch diced
4 cloves garlic, minced
2 jalapenos, minced
½ medium onion, ⅓-¼ inch diced
salt and black pepper to taste
½ bunch cilantro, finely chopped
3 medium avocados, firm ripe, ⅓-¼ inch diced*

Combine everything except for avocados and let sit at room temperature for 2 hours. Gently fold in avocados just before serving.

Serving suggestions: This is a particularly good topping for fish tacos, but can really be used on anything as you would a traditional salsa.