

Ingredients

1/2 tsp chia seeds
3/4 cup Roma tomatoes, diced
1 Tbsp lime juice
3 tsp jalapeno pepper, charred,
peeled, seeded and finely chopped
1 1/2 avocados, peeled, pitted and
mashed

2 cloves garlic, minced
1/8 cup red onion, chopped
1/2 tsp salt
1 Tbsp fresh cilantro, chopped

Instructions

In a bowl, combine chia seeds, diced tomatoes and lime juice. Set aside for 10 minutes, allowing the chia seeds to swell.

In a separate bowl, combine remaining ingredients and mix well. Add chia mixture and mix well. Serve with whole wheat pita chips or fresh vegetables.

Nutrition Information Per Serving

Serving Size: 1/4 cup

Serves 6

Calories: 90

Fat: 7 gm

Sodium: 250 mg

Fiber: 4 gm

Carbohydrates: 7 gm

Protein: 1 gm

Sugar: 2 gm