Recipe of the Week

Avocado Cucumber Cups

Ingredients
• 1 English cucumber
• ½ avocado, peeled, seeded and diced
• ¼ cup red bell pepper, diced
• 1 Tbsp. lime juice
• 1 Tbsp. cilantro, diced
• ½ tsp. cumin
• ¼ tsp. salt

Directions
2. In a mixing bowl, mash avocado, and add diced red bell pepper, lime juice, cilantro, cumin, and salt. Stir to combine.
3. Place avocado mixture in a zip top plastic bag. Snip off one bottom corner of bag and squeeze avocado mixture into hollowed-out cucumber slices.

Serves 2
90 calories, 6 g fat, 1 g saturated fat, 11 g carbohydrate, 4 g fiber, 2 g protein, 300 mg sodium
Source: California Avocado Commission