

Pomegranate- avocado salsa with spiced chips (or store bought)

Difficulty level-moderate Price- moderate

Chips

- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 tsp paprika
- 1/2 teaspoon sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 12 (6-inch) corn tortillas, each cut into 8 wedges
- Cooking spray

Salsa:

- 1 1/3 cups diced peeled avocado (about 2 avocados)
- 3 tablespoons fresh lime juice
- 2 cups clementine sections (about 6 clementines)
- 1 cup pomegranate seeds (about 1 medium pomegranate)
- 1/2 cup thinly sliced green onions
- 1/2 cup minced fresh cilantro
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1 jalapeño pepper, seeded and minced

Preparation

1. Preheat oven to 500°.
2. To prepare chips, combine paprika, cumin, 1/2 teaspoon salt, sugar, garlic powder, and onion powder in a small bowl. Arrange tortilla wedges in a single layer on 2 baking sheets; coat with cooking spray. Bake at 500° for 5 minutes. Turn wedges over; coat with cooking spray. Sprinkle paprika mixture evenly over wedges. Bake an additional 2 minutes or until lightly browned. Remove from oven; cool completely.
3. To prepare salsa, combine avocado and juice in a medium bowl; toss gently to coat. Add clementine sections and remaining ingredients; toss gently to combine. Serve salsa with chips.

Julie Grimes Bottcher, [*Cooking Light*](#)
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Nutritional Information Amount per serving

- Calories: 122
- Calories from fat: 24%
- Fat: 3.3g

- Saturated fat: 0.5g
- Monounsaturated fat: 1.8g
- Polyunsaturated fat: 0.7g
- Protein: 2.3g
- Carbohydrate: 22.7g
- Fiber: 3.3g
- Cholesterol: 0.0mg
- Iron: 0.7mg
- Sodium: 243mg
- Calcium: 63mg