

## Cucumber-Kiwi Salsa

My garden exploded with cucumbers this year. What to do? Freeze them for smoothies and make this refreshing salsa, a nice alternative to traditional tomato salsas.

**Cucumbers** are mostly water making them a perfect way to stay hydrated on a hot summer day. While low in calories, they are a good source of vitamins K and C as well as minerals potassium, magnesium, and manganese.

**Kiwis** are mini powerhouses high in vitamin C and contain fiber, vitamins E, K, folate as well as potassium and magnesium. Like cucumbers, they are hydrating and help balance electrolytes.

**Cilantro** is a methyl donor, the leaves are rich in folate, and the stems contain high concentrations of phenols and flavonoids that reduce inflammation and prevent cell damage. It is an excellent source of vitamin K important for skeletal health and wound healing.



### Ingredients:

- 1 12-inch English cucumber, washed, unpeeled, cut into 1/2" thick slices.
- 1 medium sweet onion (Vidalia), cut into eighths
- 1 small bunch cilantro (leaves and stems), washed, spun/patted dry
- 2 small cloves garlic, peeled
- 2 kiwis, cut in half widthwise, scoop fruit out with a teaspoon
- 6 tablespoons freshly squeeze lime juice
- 1/2 tsp salt
- 1 avocado (optional), diced

### Directions:

1. Place all ingredients into a food processor and process until desired consistency.
2. Pour into a glass container.
3. Stir in diced avocado, if desired.
4. Store in a glass jar in the refrigerator for up to 3 days.
5. Delicious served with [cassava tortilla chips](#), or as a sauce for salmon, mild white fish, poached chicken breast, or pork tenderloin.

### Variations

- FODMAP: Omit avocado and limit serving size to 1/2 cup per day.
- Substitute other fresh, garden cucumbers but scrub off the spines/prickles; may need to peel if skins are tough.

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