



# Avocado With Pink Grapefruit

Makes 8 servings

## Ingredients

3 ripe Hass avocados, halved, pitted, peeled and cut into bite-size pieces  
1 large pink grapefruit, peeled, membrane removed from each section, pieces halved

4 sprigs cilantro, leaves only  
Salt and pepper to taste

## Instructions

1. In a medium bowl, gently toss the avocado and grapefruit pieces.
2. Garnish with cilantro.
3. Serve, lightly seasoned with salt and pepper.

## Nutrition Facts

Serving size: 1 cup; calories per serving: 110; carbohydrate: 8g; protein: 1g; fat: 3.5g; saturated fat: 1g; sugars: 5g; dietary fiber: 2g; cholesterol: 0mg; sodium: 50mg.

Source: [www.diabetes.org/mfa-recipes/meal-plans](http://www.diabetes.org/mfa-recipes/meal-plans)



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