



Cucumber-Avocado Salsa

Virtually seedless English cucumbers are available in supermarkets, shrink-wrapped for freshness. Choose firm cucumbers with brightly colored skin, free of soft spots or shriveling. Look for unblemished avocados that are heavy for their size and that yield to gentle palm pressure. To speed ripening, place avocados in a paper bag at room temperature for several days.

This recipe goes with [Grilled Wild Salmon with Cucumber-Avocado Salsa](#)



YIELD: Makes about 2 cups

COURSE: Sauces/Condiments

Ingredients

2 1/2 cups English cucumber, halved, seeded, and cut into 1/2-inch slices

2 scallions, white and green parts, minced

3 tablespoons red wine vinegar

1 1/2 teaspoons lime zest

2 tablespoons fresh lime juice

1 tablespoon honey

1 tablespoon extra-virgin olive oil

3 tablespoons chopped fresh cilantro

Salt, to taste

Freshly ground pepper, to taste

1 avocado, peeled, seeded, and chopped

Preparation

Combine cucumber and scallion together in a medium bowl. Whisk together vinegar and next 5 ingredients in a small bowl. Pour vinaigrette over cucumber mixture, and season with salt and pepper. Add avocado just before serving, and toss gently to mix. (You can make this salsa ahead of time and refrigerate until ready to serve, but add the avocado just before serving.)

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