



Guacamole

Servings 6 | Prep time 15 mins. | Total time 15 mins.

Equipment: Cutting board, Large bowl, Potato masher or fork

Utensils: Mixing spoon, Knife, Spoon

Ingredients

3 avocados, ripe
1 clove garlic, minced
1 – 2 tablespoons lime juice (about 1 lime)
3 tablespoons onion, diced (about ¼ of an onion)
2 small tomatoes, diced
3 pickled jalapeno peppers (about ¼ cup), diced (optional)
1/4 cup fresh cilantro, finely chopped
1/8 teaspoon salt

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Halve one avocado by placing it on a cutting board and cutting in half around the pit. Turn halves of avocado in separate directions to separate. Remove pit with a spoon (NOT with a knife), and scoop avocado out of skin into a large bowl. Repeat with remaining avocados.
3. Add garlic to avocados and mash with a potato masher, fork, or back of a mixing spoon.
4. Add lime juice and mix well.
5. Add salt to taste.
6. Add onions, tomatoes and jalapenos and cilantro to avocado mixture and stir well.
7. Chill in the refrigerator for 15-30 minutes and serve with baked tortilla chips and/or veggies.

Nutritional Information:

Calories 120
Total Fat 10g
Sodium 55mg
Total Carbs 8g
Protein 2g