



Guacamole

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

Equipment:

Cutting board
Large bowl

Utensils:

Knife
Spoon
Fork
Mixing spoon
Measuring cups and spoons

Ingredients

3 ripe avocados
1 clove garlic, minced OR 1 teaspoon garlic powder
2 tablespoons lime juice (about 1 lime)
1/4 small onion, diced
2 small tomatoes, diced
3 pickled jalapeño peppers, 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 1 avocado by placing in 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 and scoop avocado out of skin into a large bowl. Repeat with remaining avocados.
3. Add garlic to avocados and mash with a fork or back of mixing spoon.
4. Add lime juice and mix well.
5. Add salt to taste.
6. Add onions, tomatoes, jalapeños, and cilantro to avocado mixture. 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