



GUACAMOLE!

Ingredients

2 Ripe Avocado

3 T Red Onion, minced

2 Ripe plum tomatoes, seeded and chopped

½ Lime juiced

3 T Fresh Cilantro, chopped

1 Clove Garlic, minced

1/5 Jalapeno, finely minced (optional)

Directions

Cut Avocado in half. Remove pit. Remove avocado from peel using a spoon to scoop. Place avocado in bowl and add lime juice. Mash with a fork. Add remaining ingredients and mix well. Serve immediately.

Nutrition Facts:

Makes 5 servings. See reverse for nutrition facts label.

Serving Suggestion:

Avocado may be served with vegetable crudité, home-made pita chips or a healthy cracker chip.