## **Reverend Dr. Ronald B. Christian** Community Health & Wellness Center

## **GUACAMOLE!**

Newark Beth Israel Medical Center Children's Hospital of New Jersey Barnabas Health

## **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.