

Guacamole

Serves 8

Amy Locke

Ingredients

- 3 avocados
- Cilantro, ¼ cup chopped 2 Tbsp
- red onion, finely chopped
- 1 Roma tomato, seeded, and finely chopped
- 1 small jalapeño, stemmed, seeded, minced
- 1 clove garlic, minced
- 2 Tbsp lime juice (1 large lime)
- Salt to taste



Instructions:

1. Using a fork, mash avocado and ¼-teaspoon salt to desired consistency (smooth with some lumps). Gently fold in remaining ingredients. Season with additional salt if necessary and serve.

Nutrition Facts

Serving size: 2Tbs · Calories: 60 · Total fat: 5g · Saturated fat: 0.5g · Unsaturated fat: 4.5g · Cholesterol: 0mg · Carbohydrates: 4g · Fiber: 2 g · Protein: 1g · Sodium: 30mg