

Recipe Name Guacamole – serves 4

- Ingredients:**
- 2 large or 3 small avocados
 - ¼ cup yellow onion, finely chopped
 - 2-3 cloves garlic, chopped or minced
 - 1 jalapeno, finely chopped
 - Fresh cilantro, ½ cup chopped
 - Juice of one lime, divided in half
 - Kosher salt and pepper

Directions

1. Split avocados, remove pit and score the avocado halves into ½ inch dice. Using spoon, scoop out avocado into a medium sized mixing bowl.
2. Squeeze half of the lime juice over avocado and toss well, ensuring that all the avocado has been coated with the lime juice. This will prevent it from browning.
3. Add onion, garlic, jalapeno, cilantro salt and pepper. Toss well till everything is well combined and avocado is creamy.
4. Taste, add more lime juice, salt/pepper to taste.
5. Store in the refrigerator with a piece of plastic wrap pressed right down onto the guacamole to prevent browning/oxidation. You can also save one or two of the avocado pits to store along with the guacamole. This too, helps to prevent browning.

Nutrition Facts

Servings: 4	
Amount per serving	
Calories	156
% Daily Value*	
Total Fat 13.4g	17%
Saturated Fat 1.8g	9%
Cholesterol 0mg	0%
Sodium 47mg	2%
Total Carbohydrate 10.3g	4%
Dietary Fiber 6.3g	23%
Total Sugars 1g	
Protein 2.1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	4%
Potassium 485mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.