



Basic Guacamole

3 Avocados, peeled, pitted, and
mashed
1 lime, juiced (2 Tbsp.)
3 Tbsp. fresh cilantro, chopped
2 roma tomatoes, seeded and
chopped

1 tsp. minced garlic
Pinch of cayenne pepper
½ cup onion, diced
½ tsp. salt

Directions

1. Wash hands. Wash the avocados well under running water. Dry avocado Peel, pit, and mash avocados. Combine avocados and lime juice first.
2. Combine the remainder of the ingredients, cover and refrigerate for 30 minutes to one hour for best flavor. **YIELD: 8-2 Tbsp. servings**

Nutrition Facts (per serving): 130 calories, 11 grams fat, 150 milligrams sodium, 8 grams carbohydrate, 2 grams protein