

Guacamole

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes | Yields: 1 1/2 cups | Serving Size: 2 Tbsp

Ingredients

3 avocados, diced

1/4 cup cilantro, 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

Directions

1. Using a fork, mash avocado and 1/4 teaspoon salt to desired consistency (smooth with some lumps).
2. Gently fold in remaining ingredients.
3. Season with additional salt if necessary and serve.

Nutrition Facts Per Serving: Calories: 60 | Total Fat: 5 g | Saturated Fat: 0.5 g
Sodium: 30 mg | Total Carbohydrate: 4 g | Dietary Fiber: 2 g | Protein: 1 g

Recipe from University of Utah Culinary Medicine Course
For more recipes, please visit www.nutrition.va.gov



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