

Guacamole

Serves 12

Ingredients

- 3 avocados, pitted, peeled and diced
- 1 small tomato, diced fine
- $\frac{3}{4}$ cup finely diced onion
- 3 Tbsp. minced fresh cilantro
- 2 Tbsp. diced jalapeno peppers
- 3 Tbsp. fresh lime juice
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. each ground cumin and garlic powder

Directions

Place the avocados in a large bowl. Add the remaining ingredients. With a large fork, smash the avocados and stir the ingredients until they reach the desired consistency.

Refrigerate for 1 hour or until chilled. Serve with cut-up vegetables like celery, jicama and zucchini spears.

Per serving: 85 calories, 7g fat (1g saturated), 0mg cholesterol, 70mg sodium, 5g carbohydrate, 3g fiber, 1g protein

Try this instead: Substitute mashed green peas for all or part of the avocado for a lower fat version.

