



GUACAMOLE



Ingredients:

- 4 Very ripe avocados, diced
- Juice of 2 limes
- 2 Tomatoes—seeds removed and diced
- 1/2 Onion, minced
- 1 Serrano pepper—seeds removed and minced
- 2 Tbs. green onions, minced
- 3 Tbs. cilantro, chopped
- 1 Garlic clove, minced

Preparation:

Place diced avocado in medium bowl, mix in lime juice. Add tomato, sweet onion, garlic, pepper, green onion and cilantro. Mix guacamole with metal or wooden spoon, gently pushing avocado against side of bowl to crush slightly.

Nutritional information for 2 tablespoons:

Calories 35, Fat 3 gm,
Saturated fat 0gm,
Cholesterol 0 mg,
Carbohydrate 2 gm.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutritin
Rev. 1/2010



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