



Guacamole

Makes about 5 cups

Ingredients:

- 3 large avocados, peeled, pitted, and mashed
- 1 lime
- 1 tsp salt
- ½ cup diced red onion
- 3 tbsp chopped fresh cilantro
- 2 Roma (plum) tomatoes, diced
- 1 tsp minced garlic

Materials:

knife and cutting mat fork mixing bowl

Directions:

In a medium bowl, mash together the avocados, lime juice, and salt.

Mix in onion, cilantro, tomatoes, and garlic.

Preparing an Avocado:

Cut avocado in half lengthwise and twist the halves in opposite directions. Holding one half in the palm of your hand, remove the pit with a spoon. Slide the spoon along the peel to scoop out the flesh, making sure to include the dark green outermost flesh where the richest antioxidant are found.

Source: Anne Atwater



Nutrition Facts

Serving Size 1/10 of recipe Servings Per Container

| Amount Per Se | 9 | | |
|---|---------------|---------------|-------------|
| Calories 90 | Calc | ories fron | n Fat 70 |
| | | % Da | aily Value |
| Total Fat 7g | | | 11% |
| Saturated | Fat 1g | | 5% |
| Trans Fat | 0g | | |
| Cholesterol | | 0% | |
| Sodium 200mg | | | 8% |
| Total Carbohydrate 6g | | | 2% |
| Dietary Fiber 4g | | | 16% |
| Sugars 1g | 3 | | |
| Protein 1g | | | |
| | | | |
| Vitamin A 49 | 6 • ' | Vitamin (| 15% |
| Calcium 0% | • | ron 2% | |
| *Percent Daily V diet. Your daily v depending on yo | alues may be | e higher or l | |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g 25g | 375g 30g |
| | Dietary Fiber | | |

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