



Easy Guacamole

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1/6 of recipe

Ingredients

- 3 ripe avocados
- 1/4 cup diced yellow onion
- 1/4 cup tomatoes, chopped
- 2-3 cloves garlic, minced
- Juice from 1 lime (or more to taste)
- 1 teaspoon sea salt
- 1 bunch cilantro, chopped

Directions

1. Chop the onion and tomatoes, set aside.
2. Mince garlic, set aside.
3. Remove cilantro leaves from stems and give them a course chop, then set aside.
4. Squeeze the juice from the lime and set aside.
5. In a medium bowl, remove avocados from the skin. Mash with the back of a fork.
6. Add onion, tomatoes, garlic, cilantro, and juice. Stir well.

Recipe Notes

- For an extra kick, add some chopped jalapeno pepper.
- Serve with home made tortilla chips or your favorite veggies.
- To store for later use or if you have leftovers, squeeze some addition lime juice on top and cover.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 12 g | Saturated Fat: 2 g
Sodium: 104 mg | Total Carbohydrate: 10.6 g | Dietary Fiber: 3 g | Protein: 2 g**

Adapted from | **Cooking Light**
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