Simply Guac

yield: 6 – 1/2 cup servings

Ingredients:

3 each Avocados, ripe
1/2 each Small onion, finely diced
2 each Roman tomatoes, diced
3 TBL Fresh Cilantro, finely chopped
1 each Jalapeno pepper, seeded finely diced
2 each Garlic cloves, minced
1 each Lime, juiced
1/2 tsp Sea salt

Instructions:

1. Slice the avocados in half, remove the pit, and scoop into a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add remaining ingredients, stir together and adjust seasoning.
4. Serve with Tortilla chips Slice

Nutritional Information: Calories 120, Total fat 9g, Sodium 62mg, Total carbohydrates 9g, dietary fiber 6g, Sugar 3g, Protein 2g V GFI