

Chunky Guacamole

Makes 2 cups

What you need:

2 medium roma tomatoes, seeded and finely chopped

¼ of a small red onion, finely chopped

2 tablespoons lime juice

1 tablespoon olive oil

¼ teaspoon salt

1/8 teaspoon black pepper

1 or 2 cloves of garlic, minced

2 ripe avocados, halved, seeded, peeled, and coarsely mashed

*For a kicked-up version of this guacamole, stir in one seeded, finely chopped jalapeno chile pepper; dairy sour cream; and/or snipped fresh cilantro.

Tortilla chips



All you do:

1. In a bowl combine tomato, red onion, lime juice, olive oil, salt, pepper, garlic. Gently stir in avocados.

2. Cover the surface with plastic wrap. Chill for up to 1 hour. Serve with tortilla chips.

Nutrition per Serving (2 tablespoons) Calories 48, Fat 5 g, Cholesterol 0 mg, Sodium 39 mg, Carbohydrates 3 g, Fiber 1 g, Protein 1 g