

## "TABLESIDE" GUACAMOLE

Delicious guacamole recipe, made with fresh avocados, lime, and veggies. Serve with extra limes and cilantro on the side, with plenty of tortilla chips!

 10 minutes 10 minutes 10 portions

### INGREDIENTS

- 3 medium ripe avocados, peeled and seeded
- 1 cup finely chopped red onion
- 1 finely chopped jalapeno [with seeds if you want the extra heat]
- Juice from two limes, freshly squeezed [about 4 tablespoons]
- 1/4 cup chopped cilantro (leaves and stems)
- 3/4 teaspoon Kosher salt

### COOKING METHOD

- <sup>1°</sup> In a medium bowl, smash the avocado with a fork or a potato masher.
- <sup>2°</sup> Add the remaining ingredients to the mashed avocado. Stir to combine. Extra lime juice can be squeezed over top to help prevent oxidation (browning). Serve immediately.
- <sup>3°</sup> Notes; An avocado is ripe when you can give it a gentle squeeze without resistance. The skin will darken from dark green to very dark green/black. To clean, run a knife around the outside. Twist the two halves apart. Gently squeeze the side with the pit to help it pop out. Discard in the compost (or plant!). If the jalapeno is hot, you can remove the seeds and pith (white parts inside) to help tone down the heat. Please use gloves when cutting hot peppers, or you might get a surprise later; the oil can stay on your skin even after washing.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (68 g)	% DRI
ENERGY	114 kcal	77 kcal	4 %
FAT	9 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	263 mg	179 mg	7 %
CARBOHYDRATE	9 g	6 g	2 %
SUGARS	1 g	1 g	—
FIBER	5 g	3 g	13 %
PROTEIN	2 g	1 g	—