



Guacamole

Prep time: 15 min

Serves: 4

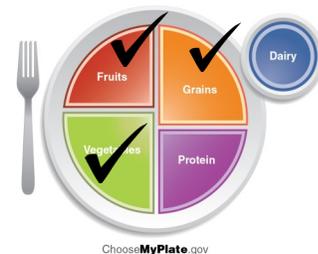


Ingredients:

Covered with WIC Checks	2 Avocados 1/2 Cup Diced Red Onion 1 Tablespoon Lime Juice 1/2 Cup Chopped Tomato 1 jalapeno
Other	Salt & Pepper to Taste 1/4 cup of Cilantro Whole Wheat Tortilla Chips

Directions:

1. Cut avocados in half and remove seeds. Scoop avocado out of the peel and put into a mixing bowl.
2. Mash the avocado using a fork. Add onion, jalapenos, cilantro and lime juice to the avocado and mash ingredients together.
3. Cover bowl with plastic wrap and refrigerate until ready to serve.
4. Just before serving add tomato to the guacamole and mix together.
5. Serve with whole wheat tortilla chips.



WIC Program

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