

Guacamole

This creamy dip tastes great with cut-up veggies or whole grain pita.

Makes: 8 Servings (2 cups)
Prep Time: 10 minutes

Source: Cooking Matters

Ingredients

- ¼ red onion
- 1 medium clove garlic
- 2 plum tomatoes
- 1 medium lime
- 2 medium, ripe avocados
- ¼ teaspoon salt
- ½ teaspoon ground cumin (*optional*)
- ¼ cup fresh cilantro leaves, chopped (*optional*)

Directions

1. Peel onion and garlic clove. Rinse tomatoes.
2. If using, rinse cilantro. Pluck leaves from stems. Tear into small pieces.
3. Mince onion and garlic. Dice tomatoes into ¼-inch pieces.
4. Rinse lime and cut in half. In a medium bowl, squeeze juice from each half. Discard seeds.
5. Cut avocados in half. Remove pits. Using a large spoon, scoop out flesh and add to bowl with juice.
6. Add salt to avocado. If using cumin, add now. Mash well with a fork.
7. Add onion, garlic, tomatoes and optional ingredients of your choice. Stir gently to combine.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 cup

Nutrients	Amount
Calories:	90
Total Fat:	7g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	75mg
Total Carbohydrates:	6g
Dietary Fiber:	4g
Total Sugars:	1g
Protein	1 g

Vitamins	% Daily Values
Vitamin A	4%
Vitamin C	15%
Calcium	0%
Iron	0%

Utensils Needed

- Cutting board
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife
- Spoon and fork

SHOPPING LIST

Average total cost without oil and seasonings: \$5.48

Average cost/serving: \$0.69

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Onion



Add 2 to Cart
Ripe Avacados



Add 1 to Cart
Garlic



Add 1 to Cart
Lime



Add 2 to Cart
Tomatoes (Medium)

SAVE TIME, SAVE MONEY

Preparation & Storage Tips

- Serve as a dip with Homemade Corn Tortilla Chips, whole grain pita wedges, or fresh veggies.
 - Add ¼ cup serving of carrot sticks, broccoli florets, celery sticks, jicama sticks, or turnip sticks to have a full veggie component for snack.
- The lime keeps the avocados from turning brown. Store the guacamole in a sealed container in the refrigerator to maintain look and taste for a couple of days.
- To add spice to this recipe, add 1 or more diced pickled jalapeño peppers!

My Cooking Notes

Similar Recipes

- Consider trying other quick and healthy dip recipes found on snapedny.org, such as:
 - Baba Ganoosh
 - Hummus
 - Spicy White Bean Dip