



Guacamole

Tip: Serve half of this as an appetizer and the other half as a fajita garnish.

- 2 Hass avocados, scooped out
- 2 Tbsp. minced red onion
- ½ medium tomato, seeded and chopped
- Juice of ½ lime
- ½ tsp. cayenne pepper sauce (optional)



1. In a medium bowl, mash the avocado.
2. Mix in the onion, tomato, lime juice and hot sauce (if using).

Makes 6 servings
Total time: 20 minutes
Per serving: 101 calories, 8.9 g fat, 6 g carbohydrates (4.1 g fiber), 1 g protein, 5 mg sodium

