Guacamole

Serves: 4
Prep: 20 minutes

INGREDIENTS
- 3 ripe avocados, mashed
- 1 tomato, diced
- 1/4 cup red onion, diced
- 1/2 jalapeno, diced
- 3 tablespoons cilantro, minced
- 2 teaspoons lime juice
- 1/4 teaspoon kosher salt

DIRECTIONS
1. Cut the avocados in half and remove the pit using a spoon.
2. Scoop the avocado into a medium bowl.
3. Add in the lime juice and salt, and mash using a fork or potato masher.
4. Add red onion, jalapeno, cilantro and tomato, and gently mix to combine.
5. Serve immediately.

Notes:
- Guacamole can be stored for up to 2 days in the refrigerator, but will begin to brown because of exposure to oxygen. You can remove the brown portion prior to serving.

Recipe source: Greater Chicago Food Depository

Nutrition Information

<table>
<thead>
<tr>
<th>Serving size: 1/4 of recipe</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total fat</td>
</tr>
<tr>
<td>Saturated fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Carbohydrates</td>
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<tr>
<td>Fiber</td>
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<td>Sugars</td>
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