Chunky Guacamole

Ingredients

2 roma tomatoes, seeded and finely chopped
1/4 of a small red onion, finely chopped
2 tablespoons lime juice
1/4 teaspoon salt
1/8 teaspoon black pepper
1 or 2 cloves of garlic, minced
2 ripe avocados, halved, seeded, peeled, and coarsely mashed
Tortilla chips

Directions

1. In a bowl combine tomato, red onion, lime juice, salt, pepper, garlic. Gently stir in avocados.
2. Cover the surface with plastic wrap. Chill for up to 1 hour. Serve with tortilla chips.
(Optional: For a kicked-up guacamole, stir in one seeded, finely chopped jalapeno chile pepper and/or snipped fresh cilantro).

Makes 16 servings
Nutrition information per serving (2 tablespoons):
Calories 48, Fat 5 g, Cholesterol 0 mg, Sodium 39 mg, Carbohydrates 3 g, Fiber 1 g, Protein 1 g