

Chunky Guacamole

IOWA

Student Wellness

Ingredients

2 roma tomatoes, seeded and finely chopped	1/8 teaspoon black pepper
¼ of a small red onion, finely chopped	1 or 2 cloves of garlic, minced
2 tablespoons lime juice	2 ripe avocados, halved, seeded, peeled, and coarsely mashed
1/4 teaspoon salt	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