

# Chunky Western Guacamole

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## **Yield: 2 1/2 cups**

*2 ripe avocados halved, pitted and peeled*

*1 tablespoon lemon juice*

*1 can (4 ounce) diced green chilies*

*1 medium tomato, chopped*

*2 tablespoons soy sauce*

*2 tablespoons onion, minced*

*1 large clove garlic, pressed*

*1/4 teaspoon ground red pepper (cayenne)*

*tortilla chips (for serving)*

In a large mixing bowl, mash the avocados with the lemon juice. Stir in the chilies, tomato, soy sauce, onion, garlic and red pepper.

Cover and refrigerate for several hours for the flavors to blend.

Turn out into a serving bowl. Serve with tortilla chips.

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Per Serving (excluding unknown items): 61 Calories; trace Fat (6.1% calories from fat); 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2070mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Fruit.