

Appetizers

Easiest Ever Guacamole

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Servings: 4

Start to Finish Time: 15 minutes

The recipe can be varied by stirring in some finely chopped tomato.

2 ripe avocados

1/2 cup cilantro, chopped

1 small onion, finely chopped

1 -2 tablespoons lime juice

1/2 -1 teaspoon salt

1/4 teaspoon pepper

Peel and pit the avocados

In a bowl, mash the avocados, cilantro and onion.

Add the lime juice, salt and pepper.

Serve immediately, or cover tightly with plastic wrap and refrigerate.

Per Serving (excluding unknown items): 23 Calories; trace Fat (7.3% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 275mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.