

# Mango Guacamole

Gema Medija - Seattle, WA  
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## Servings: 8

*2 tablespoons white onion,  
minced*  
*4 tablespoons fresh lime  
juice*  
*2 serrano peppers (to taste)*  
*1/4 teaspoon sea salt (to  
taste)*  
*4 ripe avocados, peeled and  
pitted*  
*1 large(1-1/2 cup) fresh  
mango, peeled, seeded &  
chopped*  
*1/4 cup chopped fresh  
cilantro*

## Preparation Time: 50 minutes

Stir together the onion and two tablespoons of lime juice in a small bowl. Let stand for at least one hour. Strain, discarding the juice.

Process the serranos, the remaining two tablespoons of lime juice and the salt in a food processor until no large serrano chunks remain. Add the avocados, one at a time, processing after each until creamy and smooth.

Transfer the mixture to a serving bowl. Fold in the mango, onion and cilantro. Serve at room temperature.

If desired, garnish with additional cilantro and mango.

Per Serving (excluding unknown items): 20 Calories; trace Fat calories from fat; trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium; Exchanges: 0 Vegetable; 1/2