

# Traditional Mexican Guacamole

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*2 avocados, ripe but not browned  
2 cups salsa fresca  
salt (to taste)  
juice of one lime*

Cut the avocados in half. Carefully remove the core. Hold one half in hand and very carefully use a knife to cut the flesh in a grid pattern, cutting 1/2-inch cubes. Use a spoon to scoop the cubes out of the shell into a medium bowl.

Spoon the salsa over the avocado. Add salt to taste. Squeeze the lime juice over the top.

Mash the mixture with your hands, squeezing it through your fingers until about half of the avocado is mashed and the mixture starts coming together (If you are not comfortable using your hands to mix, you can use a mortar or big fork).

Taste and adjust the salt as necessary.

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Per Serving (excluding unknown items): 647 Calories; 62g Fat (78.6% calories from fat); 8g Protein; 30g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 1 1/2 Fruit; 12 Fat.