

Appetizer

Tropical Guacamole

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Start to Finish Time: 20 minutes

3 medium ripe avocados, peeled
2 cups fresh pineapple, finely chopped
1 medium tomato, seeded and chopped
2 jalapeno peppers, seeded and chopped
1/3 cup fresh cilantro, minced
2 tablespoons lime juice
3 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon pepper
tortilla chips

In a small bowl, mash two avocados.

Stir in the pineapple, tomato, jalapenos, cilantro, lime juice, garlic, salt and pepper.

Coarsely chop the remaining avocado. Gently stir into the guacamole.

Serve with chips.

Yield: 3 1/2 cups

Per Serving (excluding unknown items): 212 Calories; 2g Fat (7.4% calories from fat); 4g Protein; 52g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 2151mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 2 1/2 Fruit; 0 Fat.