

Granny Smith Guacamole

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Servings: 6

Start to Finish Time: 10 minutes

3 ripe avocados, halved and pitted

1/2 cup Vidalia onion, finely chopped

1/2 cup fresh cilantro, chopped

juice of one lime

hot pepper sauce (to taste)

1 Granny Smith apple, finely chopped

salt (to taste)

tortilla chips

Scoop the avocado flesh into a bowl, reserving the skin.

Add the onion, cilantro, lime juice and hot sauce.

Mash with a fork to the desired consistency.

Fold in the chopped apple.

Season with salt to taste.

Divide the guacamole evenly into the avocado halves.

Serve with tortilla chips.

Per Serving (excluding unknown items): 16 Calories; trace Fat (2.2% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.