

The Wholefoods Guacamole Recipe

Ingredients

4 ripe avocados

Finely chopped white onion (I substitute red and use less)

1 Jalapeño or Serrano pepper, with seeds and finely chopped *

Coarsely chopped cilantro, to taste a teaspoon and a half)

1 clove of garlic, finely chopped

Lime Juice of half of a lime *

Salt and pepper, to taste



Calories 40	Total Fat	3.5 g
	Saturated	0.5 g
	Polyunsaturated	0 g
	Monounsaturated	0 g
	Trans	0 g
	Cholesterol	0 mg
	Sodium	100 mg
	Potassium	130 mg
	Total Carbs	2 g
	Dietary Fiber	2 g
	Sugars	0 g
	Protein	0.5 g
	Vitamin A	5%
	Vitamin C	1.4%
	Calcium	17%
	Iron	2.9%

Mash the avocados with a fork so there are whole pieces.

*Caution:

When serving, provide small amounts and refill often, guacamole turns brown from oxidation so quickly. Ideally make it and serve it right away. Keep any unlikely leftovers in a tightly sealed container. Go easy on the lime juice and hot peppers it can overshadow the subtle flavors. Try buying Artesian or gourmet corn chips, don't scrimp on the Chip. **Enjoy It - Rick**

Syscom Technologies - Rick Tashman
 490 Norristown Road, Suite 151 Blue Bell PA, 19422
 610.941.7200 Cell 215-264-4521
www.syscomtechnologies.com rtashman@gmail.com