



Simple Guacamole

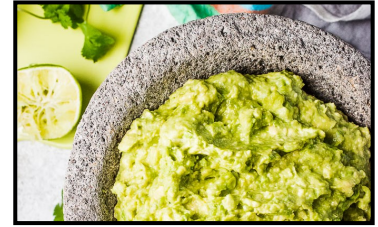


Adapted from *Cheapskate Cook*

Ingredients



- 3 ripe avocados
- 1 lime or lemon, juiced (about 2-3 Tbsp.)
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1 tsp. chili powder or cumin (optional)



Directions



Yield: 2 cups Serving size: 1/2 cup Total cost: \$3.65 Serving cost: \$0.91

1. Slice the avocados in half lengthwise and remove the pits with a fork or spoon. Scoop avocado flesh into a small bowl. Add the rest of the ingredients into the bowl.
2. Use a fork to mash the guacamole ingredients until only a few small chunks of avocado remain and the texture is fairly uniform.
3. Adjust seasoning to taste.
4. To store: Place guacamole and avocado pits in a small container and place the it. Press a sheet of plastic wrap against the surface of the guacamole, making sure there are no air pockets. Store in refrigerator for up to 4 days.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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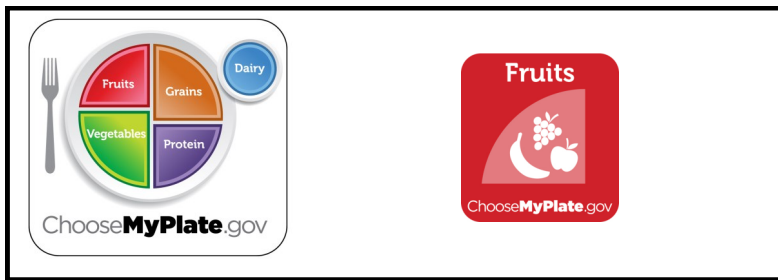
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Fast Facts



Featured Food Groups



Cooking Tips



Optional add-ins:

- Fresh cilantro, chopped
- Tomatoes, diced
- Onions, chopped
- Jalapeño or chili peppers, finely minced

Nutrition Facts

4 servings per container	
Serving size	1/2 Cup
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 10g	4%
Dietary Fiber 7g	25%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.72mg	4%
Potassium 564mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

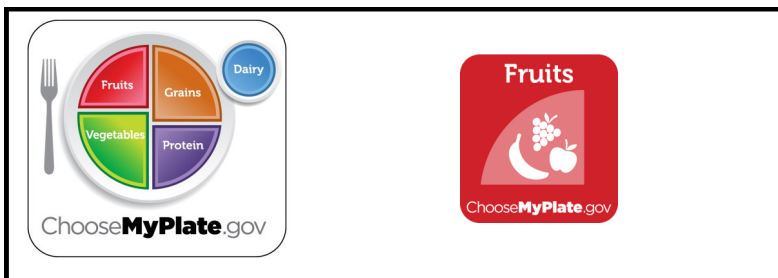
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