

HEALTH BENEFITS:

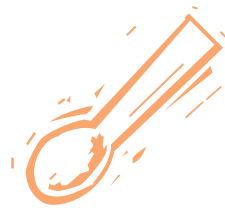
Anti-Cancer Boosts Metabolism Healthy Skin Improves Digestion Miscellaneous

guacamole MAKES 2 CUPS; 16 (2-TABLESPOON) SERVINGS

- 2 plum tomatoes, finely chopped (about 1 cup)
- $\frac{1}{4}$ cup finely chopped red onion
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro leaves
- $\frac{1}{2}$ teaspoon seeded and minced fresh chiles
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground cumin
- 2 small, ripe avocados, pitted and peeled

In a medium bowl, gently combine the tomatoes, onion, lime juice, cilantro, chiles, salt, and cumin. Stir. Add the avocados and use a fork to gently mash and combine them with the other ingredients.

(Guacamole is best served soon after preparation, but it can be stored in a tightly covered container in the refrigerator for up to 2 days.)



Calories: 43.3 kcal
Fat: 3.7 g
Protein: 0.6 g
Carbohydrates: 2.9 g
Sodium: 32.4 mg