

Eat Well Recipe

Guacamole (Serves 4)

Ingredients:

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic

Directions:

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Refrigerate 1 hour for best flavor, or serve immediately. Serve with pita chips or whole wheat tortillas.

This recipe is provided by SHS Wellness Programs.

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