

Classic Guacamole

Just Say Yes to Fruits and Vegetables

Holy-guacamole! This recipe is bursting with flavor!



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Classic Guacamole

Serves 7 ▪ Serving: ¼ cup

Just Say Yes to Fruits and Vegetables

Avocados contain heart-healthy fats which may help lower cholesterol!

Ingredients:

- 2 pitted and peeled avocados
- ½ cup chopped onion
- 1 chopped tomato
- 1 tablespoon chopped fresh parsley or cilantro
- 1 chopped garlic clove
- 3 tablespoons lemon or lime juice
- Salt and pepper, to taste
- ¼ cup canned diced green chili peppers (optional)

Directions:

1. In a medium bowl, mash avocado with a fork.
2. Add onion, tomato, parsley or cilantro, garlic, lemon or lime juice, salt, pepper, and green chili peppers. Stir to combine.
3. Serve immediately with raw vegetables or tortilla chips.
4. Store leftovers tightly covered in the refrigerator for up to 24 hours.

****Recipe tip:** Prevent browning by storing guacamole in the smallest dish size possible, reducing its contact with air.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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