

## Jalapeno Guacamole

### Ingredients

- 1 medium ripe avocado
- ½ large plum tomato, diced
- ½ tablespoon minced white or yellow onion
- ½ tablespoon lime or lemon juice
- 1 teaspoon minced, seeded Serrano or jalapeno chili
- ½ small garlic clove, minced
- ¼ teaspoon salt

### Directions

Peel and seed avocado. Scoop available avocado flesh into medium bowl; coarsely mash with fork.

Add remaining ingredients; mix well.

Serve immediately with fresh vegetables, baked tortilla chips, or fresh corn tortillas. Makes 2 servings.

### Nutrition Facts

Per Serving

Calories: 178 | Fat: 13.6g | Sodium: 10ml | Carbs: 15.5g  
Fiber: 4.5g | Protein: 2.7g | Potassium: 805mg

