

Guacamole

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Makes: 6 servings

Serving Size: ½ cup

Ingredients

- 3 avocados, peeled, pitted and mashed
- 1 medium tomato, seeded and diced
- 1 small red onion, diced
- 1 small Jalapeno pepper, diced
- ½ lime, juiced
- ½ teaspoon ground cumin
- ½ teaspoon ground paprika
- ¼ teaspoon salt
- 1 tablespoon fresh cilantro, finely chopped (optional)

Instructions

1. In a medium bowl, mash avocados to desired consistency. Fold in tomatoes, onion and Jalapeno.
2. Gently fold in cumin, paprika and salt. (If using cilantro, add it at this step).
3. Squeeze in lime juice and stir to coat contents.
4. Serve alone with as a dip or as a side.

Nutrition (per serving) Calories 153, Total fat 13.5g, Saturated fat 2g, Carbohydrates 9.5g, Protein 2g, Fiber 6.5g, Sodium 104mg