



Guacamole

(Serves 5)

Ingredients

1 avocado, mashed
1 garlic clove, minced
2 Tablespoons salsa
1/8 (1 slice) lime, squeeze and use the juice
Salt & pepper to taste

Directions

1. Mash the avocado using a fork.
2. Mix in remaining ingredients.
* Enjoy as a dip with tortilla chips, on a quesadilla, in a burrito. Yum!!

Nutrition per serving: 66 calories, 6g fat, 1g saturated fat, 4g carbohydrate, 2g fiber, 1g protein, 17mg sodium