Guacamole

Description

My favorite accompaniments are rice crackers, salads, rice and beans, poached organic eggs, or wheat-free, corn-free burrito wraps.

Summary

Yield: 6
Source: The Anti-Inflammation Diet and Recipe Book by Jessica Black
Prep Time: 5 minutes

Ingredients

- 3 ripe avocados
- 2 cloves garlic, minced
- 2 tbsp lemon juice
- sea salt to taste
- pepper to taste
- 2-3 tbsp fresh cilantro, minced (optional)
- 1/2-1 small onion, minced (optional)

Instructions

Mash avocados with lemon juice. Add remaining ingredients and mix well. If you allow it to sit for 1/2 hour, the tastes really come together.

Notes

Substitutions: Try the optional ingredients; they really make a flavorsome guacamole. Other vegetables to consider adding are chopped green pepper, chopped mild or medium pepper, green onions, chopped lettuce, puréed peas, or bean sprouts. They all add different elements. You can make your guacamole different every time. Adding more garlic will add more pungent flavor.

Per Serving: 145 calories, 1.8g protein, 8.2g carbohydrate, 5.8g fiber, 13.1g total fat, 1.8g saturated fat, 0.0mg cholesterol, 62.9mg sodium