



Classic Guacamole

6 servings

15 minutes

Ingredients

4 Avocado (pit removed)
3 tbsps Cilantro (finely chopped)
2 Garlic (cloves, minced)
1/2 Jalapeno Pepper (or to taste, seeds removed, finely chopped)
1/4 cup Red Onion (minced)
1/2 cup Cherry Tomatoes (chopped)
1 Lime (juiced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper

Directions

- 1 Scoop the avocado flesh into a medium-sized bowl. Mash the avocado with a fork until you've reached your desired texture.
- 2 Add the remaining ingredients and fold in everything until well combined. Serve and enjoy!

Notes

Leftovers: Refrigerate leftovers in an airtight container for up to three days.

Serving Size: One serving is roughly 1/4 cup of guacamole.

More protein, less fat: Substitute 1 cup frozen, shelled edamame (thawed and drained) for 2 of the avocados. Mash the beans or pulse in a food processor for a smoother texture before adding to the rest of the ingredients.

Serve it With: A colorful variety of vegetables or as a topping on sandwiches, wraps, tacos, meal bowls, or ANYTHING!