

Boston Medical Center
Department of Food and Nutrition Services
East Newton Campus: (617) 638-5945
Menino Pavilion: (617) 414-3837
Adult Outpatient: (617) 638-7470
Pediatric/Adolescent Outpatient: (617) 414-4189



Avocado Guacamole

Makes 6

Ingredients:

- 3 ripe avocados
- 1 plum tomato, chopped
- 3 Tbsp. freshly-squeezed lime juice
- 1/4 cup chopped fresh cilantro (reserve a sprig or two for garnish)
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 jalapeno pepper, seeded and minced (optional)
- 1/4 tsp. salt

Preparation:

1. Pit the avocados.* Place flesh in a medium bowl.
2. Stir in remaining ingredients until it reaches the desired consistency. You can make it as chunky or as smooth as you like.
3. Garnish with extra cilantro.

Serve immediately.

*To pit the avocados, simply cut in half lengthwise until you reach the pit. Keep the knife still and turn the avocado with your free hand. When you've sliced all around the pit, put the knife down and twist the avocado halves in opposite directions.

You will now be able to open the avocado. Take out the pit with a spoon. Discard. Then scoop out the avocado flesh with a spoon.

Recipe source: www.cookingforkids.com

Nutritional Information per serving:

Calories: 132	Carbohydrates: 9 g
Total Fat: 15 g	Cholesterol: 0 g
Saturated Fat: 2 g	Dietary Fiber: 2 g
Sodium: 107 mg	Protein: 2 g