

Guacamole

Gary Hughes

Servings: 6

Preparation Time: 10 minutes

Cuisine: Mexican

Avocado Dip

2 avocados, mashed

2 tablespoons lime juice

2 tomatoes, peeled and chopped

1/4 cup chopped onions

1 teaspoon seasoned salt

1/2 teaspoon lemon pepper

2 tablespoons chopped black olives

1 tablespoon chopped green chili peppers

3 tablespoons chopped fresh cilantro

3 Cloves Garlic, chopped fine

2 Teaspoons Cumin Powder

salt and pepper, to taste

Mash the ripe avocado, add lemon juice and blend. Peel, chop and drain the tomatoes. Add along with remaining ingredients to the avocado mixture; blend. Cover and chill.

Serve over chicken enchiladas or as a sauce over any Mexican-style chicken, beef, or cheese dish. Also serve with tortilla chips as a dip. Can be kept in refrigerator up to 24 hours if covered very tightly.

Per Serving (excluding unknown items): 131 Calories; 11g Fat (68.5% calories from fat); 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 298mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.

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