



Chunky Guacamole

Makes about 4 cups

- 4 diced avocados (about 3 cups)
- 2 TBS freshly squeezed lime juice
- 2 cups pico de gallo salsa
- 1 TBS chopped cilantro
- ½ tsp. minced garlic
- 1 TBS finely chopped jalapeño or chili (optional)

Place the avocados in a bowl. Add the lime juice and carefully toss to make sure all of the avocado gets coated in lime.

Add the pico de gallo, cilantro, garlic and jalapeños (if using). Add salt to taste. Mix well. Using a fork, mash about 1/3 of the guacamole. Make sure not to mash the whole thing. Mix again and serve.

½ cup - CALORIES 104.51.; FAT 8.17 grs (sat 1.17; mono 5.37; poly 1.02); PROTEIN 1.84 grs ; FIBER 4.24 grs; CARBS 8.27 grs; CHOLESTEROL 0.00 mg; IRON 0.72 mg; SODIUM 591.33 mg; CALCIUM 27.39 mg

FOR THE PICO DE GALLO:

- 2 cups finely diced, peeled tomatoes
- ½ cup finely diced white onion
- 2 TBS chopped cilantro
- ½ TBS finely chopped jalapeño
- 1 TBS lime juice
- 1 tsp. salt

Place all ingredients in a bowl and mix well. Serve with chips or tacos and burritos.

¼ of salsa - CALORIES 36.78.; FAT 0.29 grs (sat 0.02; mono 0.02; poly 0.05); PROTEIN 1.57 grs ; FIBER 1.22 grs; CARBS 7.74 grs; CHOLESTEROL 0.00 mg; IRON 0.86 mg; SODIUM 594.93 mg; CALCIUM 42.74 mg