



## Chef Robin's Guacamole

- 3 ripe avocados
- 3/4 cup of finely chopped tomato
- 1 finely chopped jalapeno pepper  
*(remove seeds and veins)*
- 3 Tbsp of finely chopped red onion
- 3 Tbsp of minced cilantro
- 1 lime
- Salt

Remove the flesh and seeds and place the avocados into a bowl. Squeeze juice from the lime onto the avocados. Mash the avocado with a dinner fork to desired consistency. Mix in the remaining ingredients and add salt to taste.

**Chef's Advice:** Guacamole is best served right after it is made – it does not hold well. If you need to preserve it for a little while, place a piece of plastic wrap directly on top of the guacamole so it is pressing out any air between the wrap and the guacamole. Leave in the refrigerator until you are ready to serve.

### Nutrition Facts

<b>Serving size:</b>	1/2 cup
<b>Calories:</b>	265
<b>Total Fat:</b>	20g
<b>Carbs:</b>	1g
<b>Protein:</b>	10g



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