

# Guacamole

## Description

My favorite accompaniments are rice crackers, salads, rice and beans, poached organic eggs, or wheat-free, corn-free burrito wraps.

## Ingredients

- 3 ripe avocados
- 2 cloves garlic, minced
- 2 tbsp lemon juice
- sea salt to taste
- pepper to taste
- 2-3 tbsp fresh cilantro, minced (optional)
- 1/2-1 small onion, minced (optional)

## Instructions

Mash avocados with lemon juice. Add remaining ingredients and mix well. If you allow it to sit for 1/2 hour, the tastes really come together.

## Notes

**Substitutions:** Try the optional ingredients; they really make a flavorful guacamole. Other vegetables to consider adding are chopped green pepper, chopped mild or medium pepper, green

## Summary

**Yield:** 6

**Source:** The Anti-Inflammation Diet and Recipe Book by Jessica Black

**Prep Time:** 5 minutes

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onions, chopped lettuce, puréed peas, or bean sprouts. They all add different elements. You can make your guacamole different every time. Adding more garlic will add more pungent flavor.

Per Serving: 145 calories, 1.8g protein, 8.2g carbohydrate, 5.8g fiber, 13.1g total fat, 1.8g saturated fat, 0.0mg cholesterol, 62.9mg sodium