

GUACAMOLE



DIFFICULTY
EASY



TIME
10-20 MINS



SERVES
4

INGREDIENTS

2 large, ripe avocados

1 tsp garlic, minced

½ tsp salt

½ tsp cumin

½ tsp coriander

1 Tbsp prepared cooked salsa

Juice of 1 lime (about 1 Tbsp)

Add-ins and sprinkles

Finely chopped tomato

Small diced red onion

Chopped cilantro leaves

Bacon

Pumpkin seeds

DIRECTIONS

1. Cut the avocados in half lengthwise. Remove the pit and scoop out the flesh into a bowl. Add the remaining ingredients and mash until slightly chunky
2. Transfer to a serving bowl and eat immediately

NUTRITION FACTS PER SERVING

Calories: 195 Fat: 17.5g (Saturated Fat: 2.5g) Carbohydrates: 10.6g Fiber: 8.1g Sugar: 0.8g Protein: 2.6g



CALIFORNIA SCHOOLS
VEBA

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