

**Guacamole**  
**Yields 12 servings**

**Ingredients:**

6 Haas avocados, halved, seeded, and peeled  
2 limes, juiced  
1-teaspoon sea salt  
1-teaspoon cumin  
1-teaspoon cayenne  
½ medium-diced onion  
2 Roma tomatoes, seeded and diced  
2 Tablespoons chopped cilantro  
2 cloves of garlic, minced

**Directions:**

Place the avocado meat, lime juice, and seasonings into a large bowl. Using a potato masher, mash ingredients together. Then fold in the onions, tomatoes, cilantro and garlic.

NUTRITIONAL INFORMATION (per serving): Calories: 172 Total Fat: 15 g Saturated Fat: 0 g Cholesterol: 102 mg Sodium: 11 mg Carbohydrates: 7 g Fiber: 2 g Sugars: 2 g Protein: 2 g