

Easy Quacomole

Nutrition Facts:	
Yield	2
Calories	150
Fat	7 g
Sodium	250 mg

Code
\$, Q, V, DF, GF, RH

Ingredients Needed:

1 ½ Tbsp. chopped red onion
1 Tbsp. fresh lime juice
1/8 tsp. salt
1 garlic clove
½ small jalapeno pepper
1 ripe peeled avocado
1 Tbsp. cilantro leaves



Recipe Directions:

- Place first 5 ingredients in food processor or blender. Blend until finely chopped. Add avocado; process until smooth. Sprinkle with cilantro.
- Serve with pita or tortilla chips.