

Guacamole Dip



Guacamole, a dip made from avocados, is originally from Mexico. The name is derived from two Aztec Nahuatl words - **ahuacatl** (avocado) and **molli** (sauce). The trick to perfect guacamole is using good, ripe avocados. Check for ripeness by gently pressing the outside of the avocado. If there is no give, the avocado is not ripe yet and will not taste good. If there is a little give, the avocado is ripe. If there is a lot of give, the avocado may be past ripe and not good. In this case, taste test first before using.

Ingredients:

- 1 cup Cherry tomatoes, quartered
- 1 pkg frozen white corn, thawed
- 1 (15 oz) can black beans, rinsed
- 1 medium red onion, chopped
- 2 avocados, chunked
- 6-8 Tbsp chopped cilantro
- Juice from 1 lime
- 1 Tbsp of olive oil
- Salt to taste

Preparation:

*Can **not** be made day before.*

Mix all ingredients together.

To prevent browning, leave an avocado seed in it until serving.

Nutrition Information

Yields 6 cups or 10-12 servings

242 calories, 6.5 grams protein, 13 grams fat, 27.5 grams carbohydrate