



## Guacamole Dip

### INGREDIENTS

2 ripe avocados  
2 Tbsp. lime juice  
2 Tbsp. chopped fresh cilantro  
1 garlic clove, minced

½ tsp. salt

½ jalapeño, seeded and diced (optional)

2 Tbsp. diced white or red onion (optional)

For dipping: 2 bell peppers (any color),  
cored, seeded and cut into thick slices

### DIRECTIONS

1. Slice the avocados in half and remove the pits. Scoop out the flesh into a medium bowl and mash with the back of a fork.
2. Add the lime juice, cilantro, garlic, salt, jalapeño, and onion (if using). Mix thoroughly.
3. Serve with bell pepper slices or cover and refrigerate. Eat within 24 hours, or freeze.



EXTENSION

**NUTRITION & FOOD SAFETY**  
**RECIPE OF THE MONTH**  
**FEBRUARY**

### Nutrition Facts

Serving Size: 2 ounces (0.0g)

Servings Per Container: 6

**Amount Per Serving**

**Calories** 80      **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 7g      **11%**

Saturated Fat 1g      **5%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 200mg      **8%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 3g      **12%**

Sugars <1g

**Protein** 1g

Vitamin A 2%      •      Vitamin C 15%

Calcium 0%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.