Guacamole Dip

**Ingredients:**
- 3 ripe Hass avocados
- 1 clove garlic, mashed
- Juice from half a lemon
  (about 1 – 2 Tbsp)
- 3 Tbsp. onion, diced
- 2 Roma tomatoes, diced
- 3 Pickled jalapeno peppers, diced
  (about ¼ cup)
- Salt to taste

Variations: Add ½ cup Cilantro, chopped. Use lime juice instead of lemon juice.

**Instructions:**
1. Peel and pit avocado. Mash in bowl with garlic.
2. Add lemon juice and mix well.
3. Add salt to taste.
4. Fold in onions, tomatoes and peppers and mix well.
5. Serve chilled, with baked tortilla chips and/or veggies.
(Tip: Serve about 1 cup at a time since dip will brown when left out).

Yields about 12 servings

**Source:** Recipe developed by Holly Gump, NYS EFNEP Regional Coordinator.