Guacamole Dip
Makes 12 - 2 tablespoon servings

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

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

Directions:
1. Peel and pit avocado. In a bowl mash the avocado and garlic together with a fork.
2. Add lemon juice and mix well.
3. Add salt to taste.
4. Fold in onion, 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).

Source: Recipe developed by Holly Gump, EFNEP Regional Coordinator