

Recipe of the Month – July 2023

Guacamole

Serves: 6

Serving Size: 1/2 cup

Cost per Serving: \$1.02

Ingredients:

3 medium avocados (peeled and pit removed)

1 tablespoon lime juice

1/2 teaspoon salt

1 teaspoon garlic powder

1/2 cup onion, diced (1/2 medium onion)

1/2 cup tomato (diced and seeds removed) (1/2 medium tomato)

Optional: 1 jalapeno pepper, diced



Directions:

1. Mash the avocado with the lime juice, salt, and garlic powder using a fork or potato masher. Mash until chunky or smooth.
2. Stir in Onion, tomato, and pepper (if using).
3. Cover and refrigerate for 1 hour. Serve.

Tips:

- Use the juice of one half fresh lime instead of bottle lime juice.
- Guacamole will keep in the refrigerator up to 3 days. Cover the surface of the guacamole tightly with plastic wrap to prevent browning.
- Wash vegetables before chopping.

Nutrition Facts per Serving: 120 calories, 11g total Fat (1.5g sat. fat),

0mg.Cholesterol, 200mg Sodium, 8g Carbohydrates, 5g Fiber, 1g Sugar, 2g Protein

*Recipe compliments of Iowa State University Extension and
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