



# GOOD GUACAMOLE

## MAKES 4 SERVINGS

### Ingredients:

- 1 avocado, mashed
- ¼ jalapeno, de-seeded and finely chopped (optional)
- 1 garlic clove, minced
- ½ lime juiced
- ¼ c fresh cilantro, chopped
- ¼ c red onion, diced
- 4 cherry tomatoes, diced
- Pepper to taste
- Southwest seasoning to taste

### Directions:

Combine all ingredients in bowl and mix to desired consistency.

Serve with your choice of raw vegetable sticks like carrots, celery, and bell peppers.