

Good Guacamole



MAKES 2 SERVINGS

Ingredients:

- 1 avocado, mashed
- 1/4 jalapeno, de-seeded and finely chopped (optional)
- 1 garlic clove, minced
- 1/2 lime juiced
- 1/4 c fresh cilantro, chopped
- 1/4 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.