

SNACK OR SIDE

# Good Guacamole

Makes 2 servings · about ½ cup each

|                                                               |           |
|---------------------------------------------------------------|-----------|
| SATIETY SCORE                                                 | NUTRITION |
| ● ● ● ○ ○ 3 / 5                                               | HIGH      |
| Per serving (approx.): Protein 2 g · Fiber 6 g · Calories 140 |           |

## Ingredients

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

## Directions

1. Combine all ingredients in a bowl.
2. Mix to your desired consistency.

**Note:** Serve with raw vegetable sticks such as carrots, celery, and bell peppers.

**Ingredient tip:** When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

## GROCERY LIST

# Good Guacamole

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*Check off what you need — items are grouped by store section.*

### PRODUCE

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- ☐ 1 avocado
- ☐ ¼ jalapeño
- ☐ 1 garlic clove
- ☐ ½ lime, juiced
- ☐ 1 small bunch cilantro
- ☐ 1 medium red onion (about ¼ cup diced)
- ☐ 4 cherry tomatoes

### PANTRY & DRY GOODS

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- ☐ Southwest seasoning

### CHECK YOUR PANTRY

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- ☐ Black pepper