

# BEYOND HUNGER

## FAMILY FAVORITE GUACAMOLE

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*Packed with healthy fats and vegetables, this recipe will quickly become a family favorite! You can use this as a side dish, a quick snack, or even a topping for tacos, burgers, quesadillas, or sandwiches.*

**Yield:** 3-4 servings

### Ingredients:

- 3 ripe **avocados**
- juice of half of a **lime**
- ¼ Tablespoon **fresh cilantro**, chopped (plus more for garnish, if desired)
- ¼ teaspoon **kosher salt** (or more/less to your taste preference)
- ¼ cup **tomatoes**, chopped

### Instructions:

1. Cut the avocados in half, remove the pits, and scoop the flesh out into a large bowl. Mash until mostly smooth.
2. Squeeze the lime juice over the avocado.
3. Stir in the remaining ingredients and mix to thoroughly combine. Adjust the salt and pepper to your liking.
4. Enjoy immediately or refrigerate (covered) until ready to serve.

**Per Serving:** Calories 50, Protein 1 g, Saturated Fat 0.6 g, Sodium 439 mg, Fiber 2.1 g, Sugars 0.6 g

This recipe was adapted from <https://cupcakesandkalechips.com/kid-friendly-guacamole/>