

Easy Guacamole (Gluten Free)

Prep time: 10 minutes

Ready in: 40 minutes

Servings: 16 servings



Ingredients:

- 3 avocados
- 1 small onion, finely chopped
- 1/3 cup salsa
- ½- 1 teaspoon garlic powder to taste
- Salt and pepper to taste
- ½ lime (optional)

Directions:

Peel and mash avocados in a medium serving bowl. Stir in onion, salsa, garlic powder, salt and pepper. Add juice from ½ lime (optional). Refrigerate for 30 minutes to blend flavors.

****Tip:** Avocados are a good source of potassium and Vitamin D. They contain fiber which can help to lower cholesterol and help you feel fuller, longer.

Nutrition Information (Per serving):

Calories: 64

Total Fat: 5g

Cholesterol: 0mg

Sodium: 53mg

Total Carbohydrates: 4g

Fiber: 3g

Protein: 1g

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