



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CLASSIC GUACAMOLE

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- 4 ripe Hass avocados
- 1 teaspoon kosher salt
- 1 tablespoon finely minced garlic
juice from 1 lime (about 3 teaspoons)
- 1 jalapeno pepper, seeded and finely minced (leave in some of the seeds for more heat)
- 1 bunch cilantro, de-stemmed and chopped (about 1 cup)
- ½ medium Spanish or red onion, finely minced (about ½ cup)

- Remove avocado flesh from skin and pit. In a large stainless steel or glass mixing bowl, mash avocado, salt, garlic, and lime juice until you reach the desired consistency.
- Fold in jalapeno, cilantro, and onion.
- Taste and season with more salt or lime juice as desired. Serve with tortilla chips.