 **Easy Guacamole**

*Serves 6*

**Ingredients**

2 avocados

½ onion, finely chopped

1 clove garlic, minced (or 1 tsp garlic powder)

2 roma tomatoes, diced

1 lime, juiced

¼ cup cilantro, chopped (optional)

Salt and pepper to taste

**Directions**

1. Mash avocados in a bowl, leaving some chunks if desired. Mix in onion, garlic, and tomato. Squeeze the juice of one lime into bowl and mix. Add cilantro, salt, and pepper and stir. Refrigerate at least 30 minutes before serving.
2. Optional: To add some extra protein, try substituting 1 avocado with ½ cup greek yogurt! You can also substitute canned diced tomatoes (like Rotel) for the fresh tomatoes to make it even quicker and easier!

**Nutrition**

*74 cals, 7g C, 1g P, 7g F*

*60 cals, 7g C, 3g P, 4g F (with greek yogurt)*