

Delicious Dishes

Kireina's recipe for guacamole is just as fun to make as it is to eat! Get creative and have fun using these fresh colorful ingredients.

Guacamole With Kireina

Ingredients

- 4 avocados
- 2 plum tomatoes
- 2 tablespoons fresh cilantro
- Pinch of cayenne pepper
- ½ cup onions
- 1 lime
- 1 teaspoon minced garlic
- Pinch of salt
- 5 tortilla chips or more per serving



Directions

1. Cut the avocados and remove the pits using a spoon.
2. Scoop avocados into a bowl.
3. Roughly chop up the fresh cilantro, tomatoes, and onions and add them to the bowl.
4. Add minced garlic, lime juice, a pinch of cayenne pepper, and a pinch of salt to the bowl.
5. Mash everything up with a fork to a consistency of your liking. The more you mash, the less chunky it will be.
6. Dip your favorite tortilla chips in and enjoy as a perfect snack.

Nutrition

Total servings: 4

Serving size: ½ cup of guacamole and 5 tortilla chips

Calories per serving: 438

Fat per serving: 13 g

