



My Healthy Guac

NIBBLEDISH CONTRIBUTOR

Ingredients

2 Large Ripe Haas Avocados
1/2 Jalapeno Pepper, Finely Chopped
2 Tbps Fresh Salsa (Not Salsa in Jar!)
2 Tbsp Parsley, Finely Chopped

3 Tsp Chili Powder
2 Cloves Garlic
Salt and Pepper

Tools:

Garlic Press

Instructions

Sure, maybe this isn't the authentic or proper way to make guacamole but everytime I make my recipe for guests they absolutely LOVE it ... so give it a try.

1. In serving bowl, add avocado and crush with spoon
 2. Add finely chopped jalapeno
 3. Add freshly prepared salsa (this can be pre-made or store bough but not the ones in the jars, these are usually in fridge and just have tomato, onion, and parley in a spicy sauce). Do not spoon in liquid, just salsa
 4. Using a garlic press, add garlic
 5. Add chili pepper
 6. Add finely chopped parley
 7. Add salt and pepper
 8. Mix together
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Served with light crispers as seen in image. Who said chips and salsa have to be fattening?!?!?

Serves 2.