



Tomatillo Guacamole

Serves 12

3 avocados, mashed
3 tomatillos, chopped

1 medium red onion, diced
3 Roma tomatoes, seeded and chopped
1 Tbsp. lime juice
1 tsp. red pepper flakes
salt and pepper to taste*

In a medium bowl, combine avocados, tomatillos, onion, tomatoes and lime juice. Stir in pepper flakes, salt and pepper. Cover and refrigerate at least 45 minutes to allow flavors to blend.

Per serving: 90 calories, 8 g fat, 1 g protein, 7 g carbohydrate, 4 g fiber, 0 mg sodium