



RECIPES

PRODUCTS

Guacamole

To select ripe avocados for guacamole or any other dish, give them a gentle squeeze. They should be firm with a slight give.

Ingredients

Serves: 12

- 2 medium avocados, mashed
- 1/4 cup seeded and finely chopped tomato
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon lime juice
- 1 teaspoon Lawry's® Garlic Salt with Parsley

Directions

L 10 mins Prep time



Mix all ingredients in medium bowl until well blended.

Serve with tortilla chips.

NUTRITION INFORMATION

(Amount per serving)

Calories: 52

Sodium: 84mg

Total Fat: 4g

Carbohydrate: 3g

Cholesterol: 0mg

Protein: 1g

Fiber: 2g