

Chunky Guacamole with Baked Corn Tortillas

- | | |
|--|--|
| 6 corn tortillas | 2 tbsp fresh cilantro ,
chopped |
| 3 ripe avocados , peeled
and diced | Pinch salt and pepper |
| 1 tomato , diced | 1 tbsp jalapeño
pepper , seeded
and finely diced |
| 1 lime , juiced | |



Preheat oven to 350°F. Line a baking sheet with aluminum foil. Cut corn tortillas into triangles. Place on prepared baking sheet and bake 8-10 minutes or until crunchy. In a medium-sized bowl, slightly mash together avocados, tomato, lime juice, cilantro, salt, pepper and jalapeño, leaving it somewhat chunky. Serve with baked corn tortillas.

Makes 8 servings. Per serving:

165 calories | 2g protein | 10g total fat | 1.5g saturated fat | 7g mono fat | 1.5g poly fat
0mg cholesterol | 17g carbohydrate | 0g sugar | 5g fiber | 52mg sodium