



## Alamexo Guacamole

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Recipe Source: [www.kutv.com](http://www.kutv.com)

*Yields about 2 servings*

### Ingredients:

1 TBSP white onion chopped  
1/4 tsp kosher salt  
Chopped jalapeno pepper, to taste  
1 large avocado  
1 TBSP diced tomatoes  
1 TBSP chopped cilantro  
Salt, to taste

### Steps:

- Combine onion, salt and jalapeno (if desired) in a mortar and pestle.
- Gently grind the ingredients until a paste is formed.
- Remove the pulpy meat from the avocado by slicing the meaty portion of the avocado into a grid, approximately 3 lengthwise slices and 4 slices across. There should be about 20 pieces per half of avocado. Scoop out the avocado into the mortar and pestle with the onion mixture.
- Using a large spoon, fold the onion paste and the avocado together being careful not to smash the avocado pieces. The guacamole will be slightly chunky.
- Lastly, fold in the diced tomatoes and cilantro. Adjust salt to taste. Serve with your favorite chips and enjoy!

**Nutritional Facts (per serving):** Calories: 166, Carbohydrates: 10 grams, Protein: 2 grams, Total Fat: 15 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 299 mg, Fiber: 7 grams, Total Sugars: 1 gram.