

# Three Pepper Guacamole

Laura Levy - Lyons, CO

Taste of Home Magazine - Feb/ Mar 2014

## Yield: 4 cups

3 tablespoons + 1/4 cup minced fresh cilantro, divided  
4 tablespoons onion, finely chopped and divided  
3 tablespoons minced seeded jalapeno pepper  
1 tablespoon minced seeded serrano pepper  
2 to 3 teaspoons chopped chipotle pepper in adobo sauce  
3 cloves garlic, minced  
1/2 teaspoon salt  
4 medium ripe avocados, peeled and cubed  
1/3 cup finely chopped tomatoes  
tortilla chips

In a large bowl, combine three tablespoons of cilantro, two tablespoons of onion, the peppers, garlic and salt. Mash together with a fork.

Stir in the avocados. Fold in the tomatoes and remaining cilantro and onion.

Serve with the chips.

Start to Finish Time: 25 minutes

## KEEPING YOUR GUACAMOLE GREEN!

1. In an airtight container, use a spoon to flatten the surface of your guacamole and remove any air pockets.
2. Gently pour in about one-half inch of water to cover the guacamole.
3. Refrigerate, covered, for up to two days.
4. To serve, carefully pour off the water and stir the guacamole.

---

Per Serving (excluding unknown items): 29 Calories; trace Fat (2.6% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1070mg Sodium. Exchanges: 1 Vegetable.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	29	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	83.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	13.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
		Alcohol (kcal):	0

