

Appetizers

The Fort's Guacamole

The Fort Restaurant - Morrison, CO

www.dashrecipes.com

Servings: 8

Start to Finish Time: 10 minutes

3 (eight ounce each) ripe avocados, peeled and pitted

2 - 5 serrano chiles, finely minced

1/2 teaspoon salt

1/4 - 1/2 cup freshly squeezed lime juice (or to taste)

1 medium onion, diced

1/4 - 1/2 cup whole fresh cilantro leaves

2 large tomatoes, diced

In a large bowl, mash the avocados well with a fork, but do not pulverize them.

Combine the mashed avocados with two minced chiles, salt, 1/4 cup of lime juice, onion and 1/4 cup of the cilantro leaves.

Stir in the tomatoes.

Add more Serrano chiles, lime juice and cilantro leaves, as desired.

Per Serving (excluding unknown items): 12 Calories; trace Fat (8.3% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 1/2 Vegetable.