

## Ultimate Omega-3 Guacamole

### INGREDIENTS:

- 2 ripe avocados, peeled and pitted
- 1 medium lime, juiced
- ½ cup red onion, finely chopped
- 2 Tablespoons cilantro, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 Tablespoon Jalapeno pepper, finely chopped

### PREPARATION:

Place avocado and lime in a medium bowl and lightly mash with fork. Stir in remaining ingredients. Serve immediately or cover and chill up to 3 hours.

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### NOTES FROM THE COOK: