

Wild Guacamole

(Makes about eight 2-cup servings)
(V) – This recipe is a vegan option recipe!

Looking for a great summer appetizer? Try our guacamole, from the Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook, which is a fabulous blend of tastes, textures and colors. Avocados get three-fourths of their calories from fat, but since it is monounsaturated fat and they are low in calories, we can enjoy eating avocados while heeding our heart-healthy lifestyle. We can always add a colorful Mexican basket of low-fat tortilla chips, but sometimes we offer an arrangement of crudités.

Ingredients:

- 2 medium ripe Hass avocados, halved
- 1 serrano, seeded and minced
- 2 tablespoons minced red onion
- 1 garlic clove, minced
- 1 small tomato, seeded and diced
- Juice of 1 ½ limes
- 2 tablespoons minced fresh cilantro
- ¼ teaspoon ground cumin
- ⅛ teaspoon kosher salt, optional
- Freshly ground pepper

Directions:

- 1) Using a spoon, scoop the avocado pulp from the shells and place it in a bowl. Using two forks, coarsely mash the avocado, leaving some chunks.
- 2) Add the chile pepper, onion, garlic, tomato, lime juice, cilantro and cumin.
- 3) Mix again with the two forks, taking care not to over mix.
- 4) Add the salt, if using, and pepper to taste. Lightly mix again.
- 5) Transfer the guacamole to a serving dish and let stand until ready to serve at room temperature.

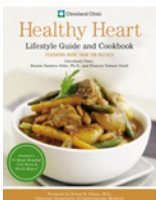
Nutritional Analysis: (per serving / ¼ cup)

- Calories: 70 (68% calories from fat)
- Total Fat: 6 g
- Saturated Fat: 1.5 g
- Protein: 1 g
- Carbohydrates: 5 g
- Dietary Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 0 mg
- Potassium: 350 mg

Dieticians Note:

A great source of monounsaturated fat and potassium, this version beats the store-bought varieties any day!

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.