



Guacamole

Instructions:

Mix all the ingredients.

This salad makes 2 lunch servings.

1/2 of the recipe counts as 1 lunch.

Serve with 2 slices of whole wheat bread

Counts as 1 lunch

Prep Time:

5 minutes

Cook Time:

n/a

Ingredients:

1 avocado - diced

1 plum tomato - diced

1/2 small red onion - sliced
thinly

1 tsp. fresh lemon juice

salt & pepper to taste