



## Guacamole

### Instructions:

Mix all of the ingredients.

This salad makes 3 lunch servings.

1/3 of the recipe counts as 1 lunch.

**Serve with 2 slices of whole wheat bread**

**Counts as 1 lunch**

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**Prep Time:**

5 minutes

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**Cook Time:**

n/a

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**Ingredients:**

1 avocado - diced

1 plum tomato - diced

1/2 small red onion - sliced  
thinly

1 tsp. fresh lemon juice

salt & pepper to taste