

# Starters, Sides, and Complements

## Guacamole

*\*Vegan and Gluten-free*

Avocado is one of the healthiest vegetables out there and makes one great dip. Bring this to a party or just enjoy it by yourself. Multiply this recipe as needed.

### You'll Need

- 1 ripe avocado
- 1 tomato, finely chopped
- 1/4 small onion, finely chopped
- Fresh lime juice to your liking
- Dash of Tobasco sauce
- Salt & Pepper to taste
- Tortilla Chips

### Directions

- Cut a ripe avocado into 4 pieces and scoop out inside from shell. Add avocado to mixing bowl and mash with a fork.
- Add tomato and onion to avocado.
- Squeeze lime over mixture.
- Add salt and pepper to taste.
- Add Tobasco sauce.
- Mix well, adjust flavors, serve and enjoy!

### Play with your Food!

- Leave out the Tobasco sauce.
- Add a pinch of chili pepper.
- Use a red onion.
- Add a pinch of chili powder
- You can also use this as a topping for a salad.



Medwell Kitchen Tested