

Guacamole with Homemade Corn Chips

Makes 8 Servings



For the Corn Chips:

1 package corn tortillas
avocado oil
salt and pepper to taste

For the Guacamole:

2 avocados peeled and pitted

1 1/2 tablespoons lemon juice

1 finely chopped onion

1 seeded and finely chopped jalapeño pepper

1 teaspoon salt

1/2 teaspoon black pepper

1 finely chopped tomato

For the Corn Chips:

Place the corn tortillas on a cutting board and cut into quarters. Lay them out in an even layer on a baking tray lined with parchment paper. Toss and coat in avocado oil, salt, and pepper.

Bake in a 350°F oven for 15 minutes or until crisp and slightly golden. The chips will crisp as they cool.

For the Guacamole:

In a bowl mash together the avocados and lemon juice.

Stir in onion, jalapeno pepper, salt, black pepper, and tomato.

Serve with the corn chips.

Enjoy!

Nutrition Facts

Amount per Serving

Calories 37

Calories from Fat 0

% Daily Value*

Total Fat 3g

4%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 299mg

12%

Total Carbohydrate 2g

0%

Dietary Fiber 1g

4%

Sugars 0g

Protein 1g

Vitamin A 3%

Vitamin C 9%

Calcium 0%

Iron 1%

Percent Daily Values are based on a 2,000 calorie diet.