

# Guacamole with Homemade Corn Chips



## Servings: 8

*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 onion, finely chopped*

*1 jalapeno pepper, seeded and finely chopped*

*1 teaspoon salt*

*1/2 teaspoon black pepper*

*1 tomato, finely chopped*

## 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!

---

Per Serving (excluding unknown items): 97 Calories; 8g Fat (64.2% calories from fat); 2g Protein; 8g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 296mg Sodium; 1g Total Sugars; 0mcg Vitamin D; 14mg Calcium; trace Iron; 315mg Potassium; 44mg Phosphorus. Exchanges: .