

# Guacamole

Recipe developed by WASCA

Traffic light category: **Green**

Serves: 1 cup

## Ingredients

- 1 large avocado, halved, peeled and stone removed
- 1 ripe small tomato, finely diced
- ½ small red onion, finely diced
- 1 garlic clove, minced
- 1 small red chilli, deseeded and finely chopped
- 30mL fresh lime juice
- Ground black pepper to taste

## Method

1. Place the avocado flesh in a medium bowl and use a fork to mash until almost smooth
2. Add the onion, tomato, garlic, chilli and lime juice, use a spoon to mix well
3. Taste and season with pepper if necessary
4. Serve with toasted pitta bread and vegetable sticks.



Supporting healthy choices

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