

The Healthy Cook

Guacamole

 MAKES 2 CUPS

- 2 avocados
- ¼ cup minced white onion
- ½ cup finely chopped tomato
- 2 Tbs. lime juice
- 1 jalapeño pepper, minced (optional)
- ¼ tsp. kosher salt



Mash all ingredients with a fork.

Per 2 Tbs: 30 calories, 30 mg sodium.

Fresh Salsa

 MAKES 1 CUP

- 1 pint cherry tomatoes
- ¼ cup chopped white onion
- ¼ cup cilantro sprigs
- 1 jalapeño pepper (optional)
- 1 Tbs. lime juice
- ½ tsp. kosher salt



Combine all ingredients in a food processor and pulse until uniformly minced.

Per 2 Tbs: 5 calories, 75 mg sodium.