

Guacamole Dip and Baked Tortilla Chips

Yield: 8 servings

Dip Serving size: ½ cup

Chips Serving Size: 18 chips



| Nutrition Facts | |
|-------------------------------|---------------|
| Serving size | .5 cup (176g) |
| Amount Per Serving | |
| Calories | 180 |
| % Daily Value* | |
| Total Fat 15g | 19% |
| Saturated Fat 2g | 10% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 190mg | 8% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 8g | 29% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | 6% |
| Vitamin D 0mcg | 0% |
| Calcium 27mg | 2% |
| Iron 1mg | 6% |
| Potassium 672mg | 15% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Nutrition Facts | |
|-------------------------------|----------------|
| Serving size | 18 chips (75g) |
| Amount Per Serving | |
| Calories | 180 |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 0g | 0% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 290mg | 13% |
| Total Carbohydrate 32g | 12% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | 8% |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 1.8mg | 10% |
| Potassium 0mg | 0% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Avocados—which contain healthy, plant-based fat—are the main ingredient in this versatile dip, which is great on burgers, quesadillas, or tacos.

Corn tortillas have less sodium and calories than flour tortillas. Baking the chips—instead of frying—also makes for a healthier chip.

GUACAMOLE DIP

- 4 avocados
- 2 cups tomatoes, seeded and small diced (about 2–3 tomatoes)
- 1 cup white onion, finely minced (1 small or ½ large onion)
- 1 bunch cilantro, chopped
- 2 limes, juiced
- ¾ teaspoon Kosher salt

DIRECTIONS

1. Cut avocado in half.
2. Remove seed with a spoon.
3. Scoop avocado flesh with a spoon into a bowl.
4. For a smoother dip, smash avocado with a fork.
5. In a medium sized bowl combine all ingredients.
6. Stir well.
7. Cover with plastic wrap and chill until ready to serve.

BAKED CHIPS

- Cooking spray
- 24 corn tortillas (6-inch)
- 2 TBSP olive oil
- 1 teaspoon Kosher salt

DIRECTIONS

1. Preheat oven to 400°.
2. Line 4 baking sheets with parchment paper or foil and spray with cooking spray.
3. Using kitchen shears or a knife, cut each corn tortilla into 6 equal wedges.
4. Place wedges in a large bowl.
5. Drizzle olive oil and salt in the bowl and stir well.
6. Place tortillas in an even layer on the baking sheets. Do not overlap the tortillas or they will not get crispy.
7. Place in oven for 6 to 8 minutes. Flip wedges over and bake an additional 2 minutes.

