



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Homemade Guacamole*

Makes 8 servings

### **Ingredients:**

- 4 ripe avocados
- 2 TBSP fresh lime juice
- ½ cup red onion (minced)
- ½ cup cherry tomatoes (diced)
- 4 TBSP fresh cilantro (leaves, finely chopped)
- 1 tsp salt
- ¼ tsp black pepper
- Optional: 1 green bell pepper (chopped), 1 jalapeno (minced)



### **Directions:**

1. Cut avocado in half, remove seed and scoop out the flesh into a medium bowl using a spoon. Using a fork, mash the avocado until slightly chunky.
2. Mix in lime juice, onion, tomato, cilantro, salt and pepper. Add ½ of jalapeno. Gradually add more to your desired degree of hotness.
3. Serve with 100% whole grain crackers, tortilla chips, and fresh veggies.

### **Nutrition Tips:**

1. Each serving of guacamole provides 6 grams of dietary fiber, or 24 percent of the daily recommended intake. Dietary fiber is important because adequate intake can help lower cholesterol and control blood sugar levels.
2. Avocados are a nutrient-dense food, providing heart-healthy monounsaturated fats and over 20 vitamins and minerals. The fat content helps avocados act as a “nutrient booster” by increasing the absorption of fat-soluble nutrients such as vitamin A, D, K, and E.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.