

Guacamole Chip 'n Dip

Serves 8

Ingredients:

- 1 green onion, green top only
- 1 avocado
- 1 Tablespoon pico de gallo, liquid drained
- 8 whole grain crackers
- 1 mini bell pepper, cut into rounds
- Green onion for garnish



Directions:

1. Cut the avocado in half, take out the seed, and peel the skin away.
2. Coarsely mash the avocado using a fork.
3. Fold the pico de gallo into the mashed avocado.
4. Cut and seed the bell pepper, then slice into small circles
5. Mince the green onion.
6. Top each cracker with guacamole, one pepper slice, and sprinkle green onion on top.

Nutrition Information per serving:

Calories: 84, Total Fat: 5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 66mg, Carbohydrate 9g, Fiber: 3g, Total Sugar: 1g, Added Sugar: 0g, Protein: 2g

SOURCE: <https://www.californiaavocado.com/recipes/recipe-container/easy-guacamole-triscuit-crackers>
