

# Oshkosh Guacamole



**Plan Z Phase:** This is a Z3 (ZReboot) recipe. Add zip to your chip with Plan Z team member Carolyn's version of guacamole. The secret she says is using lime instead of lemon!

**Serving Size:** 1/4 cup

## Ingredients:

- 4 medium avocados, cut and cored, smashed with a masher
- 4 medium jalapeños, finely diced
- 1 yellow onion, finely diced
- 1 1/2 cups quartered, grape tomatoes
- juice of one large lime, or two small limes
- sea salt, grated to taste
- chips or crackers of choice:
  - Low-carb options: Fritos, Triscuit Minis, Wheat Thins, Wheat Square Crackers,
  - *Note: if using regular chips "recycle" one chip. Place your guacamole portion on the plate and use one chip the whole time to scoop up and eat*
- assortment of veggies to dip

## Instructions:

Halve and pit your 4 avocados. Scoop out the flesh into a medium container. Mash the avocados. Use a masher if you have it. If not the back of a spoon or sometimes even the flat surface of another bowl will work just fine.

Add the finely diced jalapenos, onion, and grape tomatoes.

Now, here comes my trick. I squeeze the juice of one large lime (or 2 smaller limes) into the mixture. The citrus brightens up the dish considerably and adds that nice zip.

Mix everything up nicely and salt to taste.

Serve at your next backyard BBQ with chips or crackers of choice. For an even healthier snack include an assortment of veggies for dipping. I like using carrots, broccoli, and cucumbers because they give me an extra crunch just like a chip.

Enjoy!

Cheers,