



COOKING FOR WELLNESS

CANCER SUPPORT
COMMUNITY
CENTRAL OHIO
CancerSupportOhio.org

GIANT EAGLE
MARKET
DISTRICT

FRESH GUACAMOLE WITH JICAMA CHIPS

INGREDIENTS

3 medium avocados
½ medium tomato, finely diced
1 ½ Tablespoons minced onion
1 ½ teaspoons minced jalapeño pepper
1 ½ Tablespoons lemon juice
½ teaspoons salt
Jicama, peeled and cut into chips or strips

INSTRUCTIONS

1. Halve the avocados and remove the pit. Use a spoon scoop out the pulp and place it in a bowl.
2. Add the tomato, onion, jalapeño pepper, lemon juice and salt.
3. Mash with a fork until the avocado is mostly smooth with a few lumps here and there.
4. Use right away or store as follow: put the avocado pits back in the avocado mixture, cover with plastic wrap, pressing down to eliminate air pockets. Refrigerate. The mixture will remain bright green for 1 day.
5. Serve with jicama chips or baked tortilla chips.
6. To make your own chips, coat a baking sheet with cooking spray. Stack 2-3 tortillas and cut them into 6 wedges. Place on baking sheet and bake at 375 F° for 7-9 minutes or until crisp.