



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GRILLED AVOCADO GUACAMOLE

Time: 30 minutes

Serves: 6

Ingredients:

3 ripe avocados - halved lengthwise and pits removed
2 cloves garlic - minced
2 tablespoons cilantro leaves - chopped
1 tablespoon fresh lime juice
1 teaspoon hot pepper sauce
1/4 teaspoon Kosher salt
1/4 teaspoon freshly ground black pepper

Preparation:

Preheat your barbecue grill on medium.

Place the avocados skin side up on the grill for five minutes or until they begin to brown.

Remove from the grill and let cool skin side down.

Scoop the fruit from the avocados into a bowl and discard the skins.

Add the remaining ingredients and mash with a fork until evenly blended and at your desired consistency.

Nutritional Information Per Serving:

Calories: 161
Fat: 15g
Carbs: 9g
Fibre: 7g
Protein: 2g