

Your Weekly Health-Boosting Recipe!

Darn Good Guacamole

Ingredients:

Juice of ¼ of an orange
Juice of ½ of a lime
1 avocado seeded and scooped out of skin
2 Tablespoons roasted and charred Roma tomatoes, diced
(Hunt's Fire Roasted works well)
1 ea Serrano pepper roasted, seeded & diced (Canned
Serrano's works just fine)
1 Tablespoon medium diced red onion
1 teaspoon chopped cilantro
Coarse ground salt to taste (use sea salt if possible!)



Directions:

Squeeze juices into bowl. Add avocado and coarsely chop. Add onion, roasted tomato, Serrano and cilantro; fold into avocado mixture. Add salt (the more, the better! But according to *your* taste, of course). Results should be crudely chopped, not mashed. All done!



Avocado Quick Facts:

- Known as the "Alligator Pear" for its shape & leather-like appearance
- Rich in folate, a nutrient essential for cardiovascular health
- Good source of potassium, helping regulate blood pressure
- Contains significant amounts of Vitamins B6, C, E, K, and Iron
- Nutrient Booster: allows better absorption of fat-soluble nutrients
- Because of its soft, smooth consistency, avocados are one of the first fresh fruits a baby can enjoy!

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