

# Guacamole and Pita Chips- 8 servings

4 avocados  
2 jalapenos  
2 roma tomatoes  
1 small red onion  
3 cloves of garlic  
2 limes, juiced  
1 orange, juiced  
2 packages of pita bread  
1 ounce of olive oil  
dash of salt for taste



**Nika, Allison, & Candice**

Recipe: 1433 grams, 3446 calories, 36 grams protein, 194 grams carbohydrates, 299 grams fat, 36 grams of fiber, 4454 mg sodium, 15,443 mg potassium, 207 mg calcium, 16 mg iron, & 375 mg magnesium.

Serving: 179 grams, 431 calories, 4.53 grams protein, 24 grams carbohydrates, 37 grams fat, 5 grams fiber, 557 mg sodium, 1978 mg potassium, 26 mg calcium, 2 mg iron, & 47 mg magnesium.



## Method:

Begin by washing all vegetables thoroughly. Slice avocados in  $\frac{1}{2}$  and scoop out of shell with spoon. Remove seeds and place in a large bowl. Finely chop roma tomatoes and add to bowl. Finely grate jalapeno, onion, and garlic and add to bowl. Juice limes and orange for an extra citrus zest. Mix together.

Place pita bread on baking sheet and lightly brush a coat of olive oil on top. Add a dash of salt and place in an oven set on "high broil." Toast until crispy and cut into  $\frac{1}{8}$  with a pizza slicer.

Enjoy!