

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



Dr. Sinatra's **GUACAMOLE & "CHIPS"**

When paired with fresh, organic vegetables instead of deep-fried tortilla chips, this [guacamole](#) is one of the healthiest dishes you can eat! Packed with nutrients like glutathione, [vitamin E](#) and potassium, satiating avocados can increase absorption of beta carotene, which is found in some of our chip substitutes: [red peppers](#) and carrots.

Not only are these "chips" full of fiber, [phytonutrients](#), vitamins and minerals, but they are much less inflammatory and lower in calories; cucumbers also have an [alkalizing effect](#) on the body. Most tortilla chips are deep fried in [polyunsaturated oils](#) like corn or canola oil, which oxidize at high temperatures and can create an [inflammatory response](#) in the body. Baked chips are better, but raw organic veggies are best!

- 2 to 3 avocados
- 1/8 to 1/4 cup chopped red onion
- 1 to 2 cloves garlic, minced
- Lime juice
- [Olive oil](#)
- 1 to 2 Tbsp fresh chopped cilantro
- Cumin
- Ground chili pepper or 1/2 to 1 teaspoon chopped jalapeño pepper
- Fresh organic vegetables: Red, green and yellow peppers, cucumbers, carrots
- Optional: chopped tomato

To prepare - Slice avocado(s) in half, scoop flesh out with a spoon and put into large, but shallow bowl. Add the juice of 1 lime (or lemon) and the chopped garlic, then sprinkle it with cumin, sea salt and chili pepper to taste. Mash the avocado until smooth with a fork or spoon (a mortar and pestle also work great and are more "traditional" utensils) add a little olive oil for a smoother consistency and stir in chopped cilantro. Fold in chopped onion and optional chopped organic [tomato](#).

Serve guacamole in a small center dish surrounded by a bed of fresh chopped vegetables – celery stalks and cucumber rounds make great "chips," as do slices of bell pepper and carrot rounds.