

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



*DR. SINATRA'S*

## GUACAMOLE & "CHIPS"

When paired with fresh 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. Adding antimicrobial [garlic](#) makes this guac a natural weapon against high [cholesterol](#) and [blood pressure](#). Chopped [cilantro](#) leaves not only add flavor, but can help chelate mercury from the body.

While guacamole is traditionally dipped with tortilla chips, I like to serve it with fresh organic, sliced vegetables like cucumber, bell peppers and carrots. Not only are these veggies full of fiber, [phytonutrients](#), vitamins and minerals, but they are much less inflammatory, lower in calories, and 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

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 works great and is more “traditional” – add a little olive oil for a smoother consistency and stir in chopped cilantro. Optional add-ins include chopped onion and 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.