Holy guacamole, today is National Guacamole Day! The main ingredient for guacamole is avocados. Here's a really quick, simple guacamole recipe which you can use for a scrumptious snack, or even bring to a potluck or family gathering! Tastes great with low-fat corn tortilla chips or fresh crunchy vegetables for dipping.

Guacamole on the Go

Ingredients:

- 1 ripe avocado
- 1/8 tsp. cumin
- Dash of cayenne pepper, optional
- 1 ripe Roma tomato, diced
- Salt, optional
- Lime juice, optional to keep from browning

Directions:

1. Mash avocado with potato masher or fork
2. Mix in cumin and cayenne pepper
3. Stir in tomatoes
4. Taste; add more cumin and cayenne as needed. Add salt to taste, if desired. Enjoy!

Holy guacamole, today is National Guacamole Day! The main ingredient for guacamole is avocados. Though avocados are high in fat and calories (2 tablespoons mashed is about 55 calories), most of the fat is heart-healthy monounsaturated fat. Avocados are loaded with nutrients such as dietary fiber, vitamin B6, vitamin C, vitamin E, potassium, magnesium, and folate. Avocados actually contain 60 percent more potassium per ounce than bananas. If you are new to this fruit (yes avocados are a fruit!), then you may be unfamiliar with how to cut and peel an avocado. By following these simple steps, you will soon be peeling and dicing avocados like a pro:

1. Be sure to first thoroughly wash your fruit. Then cut it lengthwise around the seed.
2. Rotate the halves to separate.
3. Remove the seeds by sliding the tip of a spoon gently underneath it and lifting it out.
4. It's easiest to scoop out the avocado meat with a spoon.
5. If you want to store your cut avocado, to prevent browning, store the half with the seed left in, cover with lemon or lime juice and plastic wrap, or cover half with cooking spray and then plastic wrap. If avocado is chopped up, toss with lemon juice in a bowl and cover with plastic wrap directly on the avocado.