



LISA CHEPLAK
THE HEALTHY FAMILY

Cucumber Guacamole Boats

Yield: 8 "boats"

Ingredients:

- 2 avocados
- juice and zest of 1 or 2 limes
- 1 garlic clove, minced
- $\frac{1}{2}$ jalapeno, finely chopped
- handful of cilantro
- $\frac{1}{2}$ tsp salt (or to taste)
- $\frac{1}{2}$ red onion, minced
- 2 cucumbers
- optional toppings: diced tomatoes, diced bell pepper, diced onion

Directions:

1. Make guacamole: Mash avocados in a large bowl. Stir in lime juice, garlic, jalapeno, onion, cilantro and salt.
2. Wash cucumbers, cut in half, then cut lengthwise, scoop out seeds
3. Fill cucumber "boats" with guacamole. Can also use celery.
4. Top with diced tomatoes, chopped cilantro, bell pepper, onions or any other favorite toppings