SIMPLE RUSTIC COMFORT FOOD
GUACAMOLE FOR TWO


INGREDIENTS

1 ripe large avocado, preferably Haas
1 small serrano pepper, seeded, stemmed and diced small
Zest of one small lime
Juice of one small lime (about 2 tablespoons)
1/4 tsp sea salt
1 medium clove of garlic, peeled, diced and creamed with salt
Cilantro or flat leaf parsley

DIRECTIONS

Cut the avocado in half (long wise) around the pit and separate the halves. Remove the pit. Using a teaspoon, scoop around the flesh and remove it in one piece. Place upside down on a cutting board, and dice into large chunks. Scoop up and place in a stainless steel bowl. Add the remaining ingredients and mix by hand with the fork until you reach the desired consistency.

Garnish with herbs, and serve with tortilla chips, jicama triangles or cucumber circles.

Nutritional Data Per Serving: 160 calories, 8 grams of carbs, 15 grams of fat, 2 grams of protein, 314 milligrams of sodium, 1 gram of sugar.

To Learn More About Food and Nutrients for Low Vision:
Age-Related Eye Disease Study (AREDS) and AREDS2 summary: http://drjlp.com/21GgSe1

Eat a couple of oranges weekly for dramatically lower risk of glaucoma:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3448787/

Goji berries for 90 days protects against macular drusen accumulation:

What to Eat for Low Vision: A Culinary Medicine Quickie Primer: http://drjlp.com/1Y3Nhcc