Dinner Tonight!
Guacamole Appetizer Cups

10 corn tortillas
3 large avocados
2 cups plain nonfat yogurt
1 fresh Roma tomato, chopped
2 Tablespoons green onions, chopped
2 Tablespoons lime juice
2 cloves garlic, chopped
2 Tablespoons fresh cilantro
10 black olives
Cooking spray

Preheat oven to 375 degrees. Lightly spray mini-muffin pans with cooking spray. Cut tortillas into quarters. Mist tortilla quarters with water and place each quarter in muffin cups. Push down center of tortillas to form a cup. Spray again with cooking spray, and bake until cups are golden and crisp, about 5 minutes. Tip out the cups and cool.
Cut avocados in half lengthwise; remove and discard the pits. Using a spoon, work in between the flesh and the peeling, remove the avocado half from the skin. Cut the avocado into 1 inch pieces. Using a large mixing spoon, blend avocado with yogurt, mashing the avocado to a chunky consistency. Add the chopped tomato, chopped green onions, lime juice, chopped garlic cloves, and fresh cilantro. Cover and chill until ready to serve. When ready to serve, fill each tortilla cup with one teaspoon of avocado filling. Slice each olive into rings and top each cup with one ring. Serve.

Preparation Time: 10 minutes
Cook Time: 5 minutes
Serves: 20

Calories: 93
Total Fat: 5 g
Cholesterol: 0.5 mg
Sodium: 22 mg
Total Carbohydrate: 11 g
Protein: 3 g