

Guacamole

Why don't we make this old condiment more often? It's incredibly nutritious and remarkably easy to make. A purist might say it must be made by hand.

I usually just mash everything together with a fork. Some recipes call for a touch of ground cumin or chopped tomato. I like it any old way, but here's a reliable recipe.

Preparation Time: 5-10 minutes - Serves: 4-6

Organize Your Ingredients!

Notes on Organizing

Prep all ingredients before you begin assembling the guacamole.

Guacamole

1 clove garlic (smashed and chopped)

1/2 Jalapeno pepper (finely-chopped)

1/4 C. cilantro leaves (finely-chopped)

2 ripe avocados (peeled and sliced)

juice from 1 lime

OPTIONAL: 1/4 tsp. ground cumin

OPTIONAL: 1/3 C. fresh tomato (chopped)

Assembly Instructions

I'll assume you've chopped the garlic, jalapeno pepper and cilantro leaves.

Combine all ingredients by mashing with a fork in a medium-sized bowl.

Stir well, cover and set aside.

Guacamole is best when eaten within a few hours of being made.