

GUACAMOLE

INGREDIENTS:

3 ea	Avocado, Hass, ripe, washed
3 tbsp	Onion, red peeled, minced small
2 tbsp	Lime, juiced, fresh
4 tbsp	Cilantro, washed, minced
1 tbsp	Salt, sea or Kosher
1 tbsp	Cumin, whole, toasted, ground
4-5 dashes	Tabasco, jalapeño, green

PROCEDURE:

- Cut avocados in half, scoop out and discard pit from skin with large spoon.
- Scrape out all flesh and place in medium size bowl.
- Mash avocado until smooth.
- Add remaining ingredients and mix well.
- Cover bowl with plastic wrap directly on guacamole to keep out air and keep fresh color.
- Refrigerate.

Serve with a vegetable crudité or chips or use as a sandwich spread or topping for grilled chicken or fish.

Serves: 4

