



## GUACAMOLE

### Ingredients:

- 3 ripe Hass avocados, washed
- 3 tablespoons red onion, peeled, minced small
- 2 tablespoons fresh lime juice
- 4 tablespoons cilantro, washed, minced
- ½ teaspoon sea salt or Kosher
- 1 teaspoon cumin, whole, toasted, ground
- 4 to 5 dashes Tabasco, green jalapeño

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

Serves: 4