

GUACAMOLE

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INGREDIENTS:

- 2 ripe avocados
- 1 lime, with about 2 tablespoons of juice
- 1/2 teaspoon coarse salt
- 1/2 teaspoon cumin
- 1/2 cup cherry or grape tomatoes, optional
- handful of cilantro, optional

INSTRUCTIONS:

1. Slice avocados in half lengthwise. Squeeze gently to remove the pit. Scoop out the flesh using a cereal spoon and place it in a medium-sized bowl. Remove any part of the avocado that looks brown.
2. Slice the lime in half and juice it with a juicer or by twisting a fork in the flesh while you squeeze. Add juice to the bowl with the avocado.
3. Add salt and cumin and mash to desired consistency, using a large fork or masher.
4. Slice tomatoes in half using a serrated knife. Add to the avocado mixture. Then, if using, pick leaves off of the cilantro stem and add to the avocado mixture. Stir to combine.

TIP

- Choose avocados that are black, not green, and soft but not mushy to the touch.
- If you have any leftover guacamole, press a layer of plastic wrap on top so that it's touching to slow oxidation and browning. The lime will help this process but is not foolproof.

NOTES

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