

Guacamole

Prep time: 10 min
Makes ~3 cups



INGREDIENTS

- 2 avocados
- 1 small tomato, chopped
- 1/4 red onion, minced
- 2 tablespoons lime juice (one lime)
- 1/4 cup fresh cilantro, chopped
- 1/2 teaspoon salt
- 1/2 tsp ground cumin
- Optional: 1 jalapeno, seeds removed and minced

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Cut avocados in half and remove the pits. Use a knife to cut through the flesh (but not the skin) of each half. Run a spoon between the avocado and skin to scoop the chunks into a large bowl.
2. Use a fork to mash the avocados.
3. Add tomatoes and onion to the bowl. If using jalapeno, add to the bowl.
4. Add lime juice, cilantro, salt and cumin to the bowl.
5. Gently mix together all ingredients.
6. Serve with tortilla chips and sliced vegetables such as carrots, bell peppers, snap peas, broccoli or cucumbers.