

Perfect Guacamole



Rohrer Brothers, Inc.
wholesale fruits & vegetables
(800) 443-5121

INGREDIENTS:

2 Ripe Avocados
1/2 Tsp. Coarse Salt
2 Tbsp. Cilantro leaves, finely chopped
1/2 ripe tomato, seeds and pulp removed, Chopped
1-2 jalapeno chilies, stems and seeds Removed, minced.
1/2 red onion, minced
1 Tbsp. Fresh lime or lemon juice
Dash of freshly grated black pepper



Cut avocados in half, remove seed. Scoop out avocado from the peel, put in mixing bowl. Using a fork , mash the avocado. Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more. Chili peppers vary individually in their hotness. So, Start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Be careful handling peppers; wash hands thoroughly after handling and do not touch your eyes or the area near your eyes for several hours. Keep tomatoes separate until ready to serve. This recipe will need to be adjusted to taste. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready. Just before serving, add the chopped tomato to the guacamole and mix. **VARIATIONS: for a quick “guac” just take a 1/4 cup salsa and mix it in with mashed avocado.*

Nutrition Info: Calories: 56, Carbs: 2g, Dietary Fiber: 1 g, Fat: 5g, Protein: 0g, Sugars: 0g. Source: Yahoo recipes