

Recipe Name **Guacamole**

## Ingredients:

4 ripe (soft to touch, green when you remove the stem) avocados

1 -2 garlic cloves, minced (or 1/2 tablespoon pre-minced)

1/4 cup minced onion

1-2 jalapenos, finely chopped

1/2 cup chopped cilantro

juice of 1/2 lime

salt and pepper to taste

## Directions:

1. Cut avocados in half around the seed. Once you cut around the avocado, rotate the 2 halves in opposite directions to open it up. The seed will stay in one half. Use the sharp side of a knife to hit the seed. Once the knife is stuck in the flesh of the seed, rotate the knife to remove the seed. Throw out the seed.  
([www.youtube.com/watch?v=SThjF6IPOC4](http://www.youtube.com/watch?v=SThjF6IPOC4))
  2. Score the avocado into 1/2 inch chunks and remove from skin with a large spoon. Place in large bowl
  3. Add minced garlic, onion, chopped jalapenos and cilantro, lime juice, salt and pepper.
  4. Stir all together allowing the avocado to “cream” as you stir.
  5. Taste and adjust to your liking.
- For quickamole - substitute garlic powder and onion powder