

Guacamole

Makes about 1 2/3 cups

2 large ripe avocados

2-3 Tbs. lemon or lime juice, or to taste

salt to taste (about ½ tsp. is usually enough)

Optional ingredients:

½ tsp. ground coriander seed or 2 tsp. minced cilantro

2-4 canned California green chiles (rinsed, seeded and chopped)

cayenne to taste

liquid hot pepper seasoning to taste



1. Cut avocados in half, remove seeds and scoop out pulp with a spoon.
2. Mash pulp coarsely with a fork while blending in lemon or lime juice.
3. Add salt and coriander or cilantro, if used.
4. Add the chopped chiles, cayenne or pepper seasoning if you want a spicier mixture.

You can serve guacamole as a dip, a salad, a tortilla filling or a garnish.

Note: Variations to the basic recipe include: Add 1 clove of garlic, minced or mashed, 2-3 Tbsp. minced onion or both garlic and onion.

Mexico

Source: International Cooking by Round-the-World Women, March 1980