

Guacamole Dip

12 ounces of dip



Ingredients

2 medium ripe avocados

1 tablespoon lime juice

1 1/2 medium tomatoes, diced

3 tablespoon diced onions

1 tablespoon finely chopped jalapeno (optional)

2 tablespoon finely chopped cilantro

1 tablespoon olive oil

1 1/2 teaspoon salt

1/2 teaspoon pepper

Instructions

Cut open avocado down the middle, take out pit, and remove outer skin.

Using a fork, mash avocado in a bowl until lumpy. Immediately add lime juice to the mashed avocado. (The lime juice will prevent the avocado from browning or oxidizing.)

Mix in diced tomato, onion and jalapeño.

Add cilantro, olive oil, salt and pepper and stir all ingredients together gently.

Chill dip for at least 5 minutes to allow flavors to meld. Enjoy!

If using a mortar and pestle for Guacamole: start with cilantro, salt and jalapeño in bottom of mortar, use pestle to smash flavors together. Add in avocados, tomato and onion and season with lime juice and olive oil.

SHARE YOUR PICS

 #TasteBudsKitchen

TasteBuds[™]
K · I · T · C · H · E · N