

Guacamole

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: none

Makes: 2 cups

CChints: Select a Haas avocado with a dark skin. It is ripe when the flesh gives a little when you gently squeeze it. If it is not ripe yet and you don't plan on making the dip for a day or two, simply put it in a brown paper bag on the counter and it will ripen.



2 ripe avocados

2 green onions, sliced thin

1/3 cup yellow or red onion, diced

1 teaspoon fresh lemon juice

1 Tablespoon fresh lime juice

1 glove minced garlic, fresh or from a jar

1/2 teaspoon ground cumin

1 teaspoon extra virgin olive oil

1 medium tomato, chopped or 3 Roma tomatoes, chopped

Optional :2 teaspoon cilantro, diced or to Garnish, do not chop the leaves, just lay them on top.

Serve with your favorite style of tortilla chips

To cut the avocado, run a sharp knife lengthwise around the fruit. Gently twist the two halves and pull it apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Use a spoon to scoop out the flesh and put it in a medium size mixing bowl. Use the back side of the spoon to match the avocados. If you like your dip slightly lumpy, do mash everything.

Add the rest of the ingredients down to the chips. Gently stir to blend all the ingredients together. Transfer to a serving bowl and if you are serving in the next 20 – 30 minutes, you don't need to worry about the avocado turning brown. But, if you are not serving it soon, you will need to cover it with plastic wrap and put it in the refrigerator. Get a piece of plastic wrap and lay it down on top of the dip so that it touches the entire surface area....any place it does not touch can turn brown. When you are ready to serve, remove the plastic wrap and put the bowl by your platter of chips and enjoy.