



FRESH GUACAMOLE

Ingredients:

- 3 Avocados
- 1 Jalapeno pepper
- 1/3 Red onion (large)
- 1 Bunch of cilantro
- 2 Limes
- 1/2 t. Sea salt

**Kristen's Cooking Hack: When removing the seeds and slicing the jalapeno pepper, place a plastic baggy over your hand to avoid contamination with heat from the seeds.*

Recipe Instructions:

Avocados:

- Scoop out ripe avocado flesh and place into a bowl
- Mash flesh with pastry cutter (or fork); leave it chunky

Guacamole Mixture:

- Finely dice 1/3 of red onion and place in a separate bowl from the mashed avocado
- Slice jalapeno pepper lengthwise; remove seeds*
Dice half of the pepper; add to red onion bowl
- Finely chop 1 bunch of cilantro and add to onion/ jalapeno pepper mixture
- Juice 2 limes (or slice and juice); add juice to the mixture
- Sprinkle mixture with sea salt to taste

Mix avocado with guacamole mixture

Serving ideas:

In addition to traditional chips, consider serving guacamole with slices of English cucumber, carrots, peppers or jicama.



#CookingWithKristenK

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