

REAL LIVING

Classic Guacamole

INGREDIENTS

2 ripe avocados, pitted
1 medium roma tomato, seeded and diced
1/4 red onion, minced
½ jalapeño, seeded and finely minced
1 lime, juiced
1 tsp cumin
salt & pepper
fresh cilantro, chopped
whole grain tortilla chips and cut vegetables

DIRECTIONS

In a medium bowl, scoop the flesh of the avocado and coarsely mash. Add tomato, red onion, jalapeño, lime juice, cumin, salt, and pepper. Mix together until fully incorporated, leaving some texture if desired. Top with cilantro, if using.

For a quicker version, swap tomatoes, onion and jalapeño for a scoop of your favorite salsa.

To store, smooth into container, drizzle top with a bit of olive oil and press plastic wrap onto surface. Cover with additional lid and refrigerate. Stir well before serving again.
Enjoy within 48 hours.