



Notes

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Guacamole

Cooking Matters

Serves 8, 1/4 cup per serving

The lime juice helps keep the avocados from turning brown!

Ingredients	Materials
1/4 red onion	Cutting board
1 medium clove garlic	Measuring cups
2 plum tomatoes	Measuring spoons
1 medium lime	Medium bowl
2 medium, ripe avocados	Sharp knife
1/4 teaspoon salt	Spoon
Optional Ingredients:	
1/4 teaspoon ground cumin	
1/4 cup fresh cilantro leaves	

Directions

1. Peel onion and garlic clove. Rinse tomatoes.
2. If using, rinse cilantro. Pluck leaves from stems. Tear into small pieces.
3. Mince onion and garlic. Dice tomatoes into 1/2-inch pieces.
4. Rinse lime and cut in half. In a medium bowl, squeeze juice from each half. Discard seeds.
5. Cut avocados in half. Remove pits. Using a large spoon, scoop out flesh and add to bowl with juice.
6. Add salt to avocado. If using cumin, add now. Mash well with a fork.
7. Add onion, garlic, and tomatoes to avocado mixture. If using cilantro, add now. Stir well.

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