



Give this great recipe a try! The real deal Guacamole...from Mexico

Guacamole is a food with Aztec origins that was first made with avocado, tomatoes, and chilies. Guacamole as we know it today was greatly influenced by the Spaniards who enhanced it's flavor with such European imports as onions, cilantro and lime juice. Today there are a multitude of variations. Here's one!

INGREDIENTS:

- 4 avocados - peeled, pitted, and mashed
- 1 lime, juiced (or lemon)
- 1 tbsp olive oil
- 1/2 teaspoon salt
- 1/2 cup diced green onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

DIRECTIONS:

1. In a medium bowl, mash together the avocados, lime juice, and salt.
2. Mix in onion, cilantro, tomatoes, and garlic.
3. Stir in cayenne pepper.
4. Refrigerate 1 hour for best flavor, or serve immediately.

Makes about 16 servings, ¼ cup each.

