

# GUACAMOLE

## INGREDIENTS

1 Avocado  
1/4 tsp salt  
dash cayenne pepper  
1/4 tsp cumin  
1/4 onion chopped finely  
1 Roma tomatoes seeded and chopped  
1 T Lime juice  
1 clove garlic minced  
1 ½ t cilantro chopped  
1/2 t hot sauce

## DIRECTIONS

1. Remove avocado from skin and pit. Place halves into a bowl with lime juice. Make sure the juice covers all of the avocado to prevent the POLYPHENOLOXIDASE enzyme from browning the fruit.
2. Chop onion, tomato, and cilantro. Mince garlic. Set all aside in separate bowl.
3. Pour off lime juice from avocado. Mash avocado and salt with a potato masher until nearly smooth. (some small chunks are ok).
4. Add chopped veggies to avocado and stir.
5. Add spices and hot sauce. Stir well with a fork.
6. Cover with plastic wrap so that no air is touching the guacamole.

SERVE WITH SALSA AND PITA CHIPS.