

Guacamole Recipe

- 6 grape tomatoes
- 2 ripe avocados
- 1 tbsp (30 mL) fresh cilantro
- 1 lime
- 1/4 tsp (1 mL) salt or less



1. Cut avocados in half length-wise. Carefully remove pit with spoon. Scoop out avocado from skin using spoon into small bowl. Mash with fork.
2. Wash tomatoes. Cut tomatoes in half. Cut these into small pieces. Put into bowl with avocado.
3. Wash and dry cilantro with paper towel. Remove leaves from larger stems. Snip leaves into tiny pieces with scissors or chop finely. Add to mixture.
4. Cut lime in half. Place cut side down in citrus press, and squeeze juice into bowl.
5. Mix avocados, tomatoes, cilantro, lime juice and salt in bowl with fork.
6. Taste for flavour. Add more lime juice or salt as needed.

Enjoy with corn chips, on tacos or with your favourite veggie as dip.