

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Guacamole

4 servings

2 ripe Hass avocados

½ lemon, juiced

1 large clove garlic, minced

1 jalapeno, seeded and finely chopped (You can leave the seeds in if you like it hot)

1 small plum tomato, finely chopped

½ small onion, finely chopped

4 dashes hot sauce, or to taste

1 teaspoon coarse salt

freshly ground black pepper to taste

Cut avocados in half around the pit. Separate the halves. Pop out pit with spoon, then scoop flesh of avocados into a bowl. Squeeze the juice of a lemon over the avocados. Squeeze the juice with the lemon halves facing cut-side up, allowing the juice to spill down over the sides of the lemon into the bowl. This method keeps the seeds in the lemon and out of the guacamole. Pour the teaspoon salt over the minced garlic on the cutting board, and use the side of your knife to mash it into a paste. Add garlic paste, jalapeno, tomato, onion, hot sauce and pepper to the bowl. Mash and mix the ingredients into a chunky dip using a fork. Try it with ORGANIC corn chips, on fajitas, or even burgers.