

Guacamole

1 ripe avocado, peeled, halved and pitted
1 cup diced (1/4-in) plum tomato
½ cup diced (1/4-in) cucumber or seedless cucumber
½ cup diced (1/4-in) red onion
2 Tbs. Fresh lime juice
2 Tbs. Chopped fresh cilantro
1 Tbs. Seeded, minced jalapeno or other chili pepper, or to taste
½ tsp. Salt, or to taste

Dice the avocado flesh into small (approximately ¼-in.) pieces. Add the tomato, cucumber, red onion, lime juice, cilantro, jalapeno and salt. Stir with a spoon until the mixture is blended and the avocado is roughly mashed. Serve as a dip with seasoned tortilla chips or pita chips.

Yield: 3 cups