

Guacamole



Serves 6

INGREDIENTS

1 small garlic clove, minced

Pinch of salt, optional

2 ripe Haas (or any medium-sized) avocados

¼ small red, yellow, or white onion, finely chopped

½ jalapeño or serrano chili, seeded and minced (for spicy guacamole, do not remove seeds)

¼ teaspoon (1.25 milliliters) ground cumin, optional

¼ teaspoon (1.25 milliliters) ground coriander, optional

Juice of 1 to 1½ large limes, ½ of juice reserved

½ medium tomato, small dice

1 to 2 tablespoons (15 to 30 milliliters) chopped fresh cilantro

Kosher salt, to taste, optional

Freshly ground pepper, to taste

INSTRUCTIONS

1. Use the side of a chef's knife or cleaver to smash the chopped garlic together with a pinch of salt (optional) until it forms a paste. Scrape paste off cutting board and into a mixing bowl.
2. Pit and peel avocados, saving the pits if you want to prevent browning of the leftover guacamole (see Notes). Use a spoon to run along the inside of the avocado skin to remove the edible portion from the skin in one big piece.
3. Dice avocados into ½-inch pieces and add to garlic paste along with onion, chili, cumin, coriander, and half of the lime juice. Mash avocados with a fork until you achieve the desired chunkiness. Stir in tomato and cilantro.
4. Season to taste with the reserved lime juice, pepper, and salt (optional).

NOTES

- Small dice ingredients should be roughly ¼-inch cubed; see handout "Basic Cuts for Fruits and Vegetables."
- Best served immediately. To prevent browning of any leftover guacamole, keep the avocado pits and place them on top of the guacamole then press a piece of plastic wrap or wax paper directly onto the top of the guacamole, trying not to leave room for air.
- Leave the ingredients chunky if you prefer an avocado salsa.
- To make this spicier, leave more seeds and/or add more chilies.

Nutritional Info (per ¼ cup serving): Calories 83, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 53 mg (using 1 pinch salt), Total Carbohydrate 5.8 g, Dietary Fiber 3.4 g, Sugars 0.8 g, Protein 1.1 g, Vitamin A 1%, Vitamin C 12%, Calcium 1%, Iron 2%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.