

## Snacks

# Fresh Guacamole

**Makes 2½ cups**

### Ingredients:

6-8 avocados, ripe and soft but not mushy

½ cup cilantro leaves, chopped

½ cup tomatoes, chopped fine

½ cup white onions, chopped fine

1 jalapeño\*

1 teaspoon cumin powder

5-6 limes, halved

Salt

### Directions:

1. Peel and pit avocados. In a large mixing bowl, mash avocados one by one with a large fork until fairly smooth.
2. Add cilantro, tomatoes, white onions, jalapeño, cumin, and a few pinches of salt. Mash and mix all ingredients.
3. Squeeze the limes into the guacamole one by one, mixing after each one.
4. Taste, and add salt pinch by pinch until it's as salty as you like it. You will probably need about 3 teaspoons all together.

\*Take out the jalapeno seeds if you don't like it hot! Remember, be careful when handling fresh jalapeños! They can irritate your skin. You might want to wear plastic or latex gloves (like the kind used for washing dishes) when you touch them. If you do touch them with bare hands, wash your hands before touching your eyes.