

Guacamole



Recipe submitted by Chris Albert, assistant director of web development

Ingredients

- 2 large avocados
- Quarter of a red onion (minced)
- 2 cloves of garlic (minced)
- 1 medium to large jalapeño (minced without seeds)
- 1 teaspoon of cayenne pepper
- Half of a lime
- Half teaspoon of cumin
- Sea salt and crushed black pepper to taste

Directions

1. On a cutting board mince the red onion, garlic and jalapeño.
2. Place in a small- to medium-sized bowl (preferably something sturdy for crushing the ingredients).
3. Add cayenne pepper and cumin.
4. Slice the halved lime into quarters and squeeze the juice from one of the quarters into the bowl.
5. Cut your avocados in half to remove the pit, quarter them to remove the skin and cut them into half-inch chunks. Add avocado to the bowl.
6. Take the remaining quarter of the lime and squeeze into the bowl.
7. Use the back of a fork to crush the avocado with the rest of the ingredients in the bowl until it is fairly smooth.
8. Add sea salt and crushed black pepper to taste.

General notes: Serve with tortilla chips.