

Guacamole | bites out of life

- 3 Hass avocados, ripened
- juice of 2 limes
- 1/2 large red onion, diced finely
- 2 small tomatoes, seeded and diced
- 1 jalapeño, seeded and diced (you can leave the seeds in if you like your guac spicy)
- 2 large cloves garlic, minced finely
- 1 tablespoon cumin
- salt and pepper, to taste
- 1/4 cup cilantro, chopped (optional)

1) Cut the avocados in half lengthwise, pushing your knife far into the avocado until you can feel the pit. Twist the two halves until they separate, leaving you with one pitless half and one half with the pit. Using a spoon, scoop out the pit. You can also whack your knife into the pit so that it gets stuck in it and then pull the pit out, but be careful!

2) With the skin still on the avocado, cut into the flesh in a cross-hatch pattern. Then use a spoon to scoop out the diced pieces, which should separate easily from the skin. (Here's a step-by-step tutorial, with pictures, from [Simply Recipes](#).) Place the diced avocado in a large bowl.

3) Add the lime juice to the avocado and toss thoroughly. This prevents the avocado from browning. Mash the avocado using the back of a wooden spoon to the consistency you like.

4) Mix in the onion, tomatoes, jalapeño, garlic, cumin, salt, pepper and all but one tablespoon of the cilantro, if using. Transfer to a serving bowl and top with the remaining cilantro. Serve with tortilla chips.

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