



MaineHealth  
**Community Education**

**Guacamole!**

Guacamole is very simple to make. It is also easy to adjust to your tastes. If you like spicy add more jalapenos. If you like citrus, add more lime. It really depends on you. This recipe is a basic guideline for you to use. But experiment to see what taste best for you!

This recipe would make 4-6 people happy

**The Ingredients:**

4 ripe Hass avocados

Juice of 1 lime, lime will be juicier at room temperature

2 green onions, finely chopped, both white and green parts

1 small jalapeno, seeds removed and finely chopped

2 Tablespoons of roughly chopped cilantro

Salt to taste, maybe ¼ teaspoon

**About the ingredients:**

**Hass avocados** are dark green with a bumpy skin. To make sure they are ripe, press softly on the skin. It should feel soft but not squishy. To cut the avocado in half: take a knife and make a cut around the whole avocado, lengthwise, not through the middle. You won't be able to cut all the way through because of the giant pit in the middle. Open up the

avocado so you have one side with the pit and the other without. Take a small spoon and scoop all the flesh out of the shell, into a medium sized bowl. Dig out the pit with the spoon and scrape off the flesh that is on it. Avocado should be soft and green.

**Green Onions** can be large or small, just make sure you have enough to equal ¼ cup. Take off the root end and finely chop the rest. If the top of the green part looks a little brown or wilted, just chop that off and throw away.

**Jalapenos** can vary in their spiciness. Taking out the seeds and the white membranes will remove some of the heat. Just make sure you wash your hands very well after you chop up the jalapeno. One way to test for heat is to take a little tiny bite of the pepper and taste, is your mouth on fire? Can you barely taste the heat? Depending on that test, use less jalapeno or more.

**Cilantro** is an herb that people tend to love or hate. It is optional, but it does bring great flavor. You can use the leaves and stems.

### **The Mixing:**

Smash your avocados with a fork until they are smooth with some chunks left in it. Add your green onion, jalapeno, cilantro, lime juice and salt. Mix gently with a spoon so that everything is well mixed. Taste it. What does it need? More lime juice? More salt? More heat?

Guacamole will taste better after it sits for about ½ an hour at room temperature. Make sure to cover it with plastic wrap. Press the plastic wrap down so that it touches the guacamole. This will help keep it green. You can still eat it if it gets brown. But it is best eaten the same day you make it.

Serve with tortilla chips and enjoy!