



## *Garden Fresh Farm Recipes*

# Guacamole

Ever wondered how to make guacamole? Just whip together this delicious blend of your favorite fresh ingredients.

### Ingredients:

- 3 Avocados - peeled, pitted, and mashed
- 1 Lime, juiced
- 1 Teaspoon salt
- 1/2 cup diced onion
- 3 Tablespoons chopped fresh cilantro
- 2 Roma (plum) tomatoes, diced
- 1 Teaspoon minced garlic
- 1 Pinch ground cayenne pepper (optional)



### Directions:

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Place an avocado pit in the centre of prepared guacamole to help prevent browning.  
Makes about 1 1/2 cups.