

Holy Moly Guacamole

I like to eat guacamole like a salad or place inside a toasted corn tortilla. The great thing about avocados is that it is a base for anything you put in it and holds all the veggies together for a great dip, filling, or topping.

Ingredients:

2 avocados

1 cucumber, cut in half long ways, seeds removed, chopped small

2 sweet peppers, chopped small

½ onion (sweet or red is fine), chopped small

1 tomato chopped small or 1 cup quartered cherry tomatoes

Cilantro, chopped

1-2 jalapenos, seeds removed, chopped small

2 lemons

½ tsp cumin powder

½ tsp chopped fresh oregano

Fresh ground black pepper

Salt

1-2 garlic cloves, chopped (optional)

Preparation:

Cut avocados in half, remove pit and scoop out inside and place in a medium size bowl. Mash with a fork till semi smooth. Add all the chopped veggies and herbs, add a little salt and pepper, juice of 1 lemon and combine. Taste and adjust salt, pepper, and lemon juice as needed. Enjoy!