

JANUARY 2019

IF:TABLE RECIPE

HOLY GUACAMOLE



DIRECTIONS

In a medium bowl, mash the avocados with a fork. Try not to make it a purée, but rather leave some avocado chunks for texture.

Add tomatoes, mango or pineapple, onion, chile, cilantro, and mint.

Stir in lemon juice and mix.

Season with salt and pepper.

Enjoy with your favorite chips!

INGREDIENTS

3 ripe avocados, peeled, pitted and cut in quarters

2 tomatoes, finely chopped

1 ripe mango, peeled, seeded and diced small (or pineapple)

1/4 onion, finely chopped

1 serrano or jalapeño chile, finely chopped

1 1/2 tablespoons lime juice

2 tablespoons fresh cilantro, chopped

1/2 tablespoon fresh mint leaves, chopped

Salt and pepper to taste

Tortilla or pita chips to serve