

**Guacamole**

*Step away from the seasoning packet.*

**Ingredients for Guacamole:**

2 ripe avocados  
2 tbsp diced, seeded jalapeno  
2 tbsp diced onion  
2 tbsp chopped cilantro  
½ cup diced, seeded tomato  
1 tbsp fresh lime juice  
salt & pepper



**Notes:** Ripe avocados are not too soft... or too hard. A ripe avocado will “give” with a gentle squeeze. I prefer to buy unripened fruit and ripen at home to avoid mistaking bruised fruit for ripe. Just as avocados become ripe (and darkened if using Hass) I store them in the cheese drawer of my refrigerator, apart from other fruits and vegetables, until ready for use. This preparation is about as elaborate as my guacamole gets, however, roasted pepitas and a sprinkle of cotija cheese can garner some serious accolades too.

**Directions:**

- 1) Seed and peel avocados.
- 2) Mash avocado with the back of a fork. For larger batches, a potato masher works well.
- 3) Season mashed avocado with salt and pepper.
- 4) Add jalapeno, onion, cilantro and tomato and combine.
- 5) Add lime and combine.
- 6) Taste and adjust seasoning.
- 7) Share and enjoy.

For more information on selecting perfect avocados, check out the California Avocado Commission [website](http://www.californiaavocado.com). Get in to the grove and read about my visit to [Rancho Santo Tomas](http://www.ranchosantotomas.com).