

# GUACAMOLE

3 ripe avocados  
¼ cup white onion diced  
½ tomato diced (or 1 small tomato)  
½ jalapeno pepper diced  
½ Anaheim pepper diced  
½ lime – juice of  
2 cloves garlic diced  
1 tsp cumin  
cayenne pepper to taste  
½ tsp sea salt  
Pinch of black pepper  
2 tablespoons chopped fresh cilantro (optional)

Instructions: Slice avocados to the pit once around the long way.  
Grab each half and twist so halves separate.  
Plunge knife blade into pit and twist to release pit.  
Cut the avocado meat in a ¼" criss-cross pattern  
Squeeze the skin to extrude the avocado chunks out of the skin or use a spoon.  
Combine all ingredients. Keep covered and airtight – will brown up when exposed to air.