



# Fresh Guacamole

Guacamole dates back to the 14th century, when the Aztecs used to make a mashed concoction of avocados, chili peppers, tomatoes, onions, and salt. The name comes from the Aztec word "āhuacamōlli," which literally translates to *avocado sauce*. Today, this nutritious and delicious dip is popular all over the world and its presence is a must on any party table.

Avocados are naturally high in monounsaturated fat, a so-called "good fat" that can lower your blood cholesterol along with the risk of stroke and heart disease.



## What You'll Need

- \* 3 medium ripe avocados, peeled and cubed
- \* 1 garlic clove, minced
- \* 1/4 to 1/2 teaspoon salt
- \* 1 small onion, finely chopped
- \* 1 to 2 tablespoons lime juice
- \* 1 tablespoon minced fresh cilantro
- \* 2 medium tomatoes, seeded and chopped (optional)

## Here's How

Mash avocados with garlic and salt. Stir in remaining ingredients.

## Tips from the Test Kitchen

**Interchange Citrus Flavor:** You can use lemon and lime juice interchangeably to achieve a different flavor. Orange juice can be substituted but you will need to add a little lemon or lime to spark up the flavor.

**Add Fun Flavorful Ingredients:** Peach and jalapeño; black bean and corn; pomegranate and feta cheese; bacon and cojita cheese; radish and mandarin orange; cajun shrimp and red bell pepper; jicama and pineapple; bleu cheese and toasted almonds; apple and white onion; basil and toasted pine nuts; grilled chicken and cherry tomatoes; or mango and habanero.



Recipe Source: Taste of Home