

Fresh and Spicy Guacamole

A great fresh-tasting, green salad. Serve with corn and tortilla chips, or serve as a garnish for tacos, salads, and enchiladas



Image>>> https://upload.wikimedia.org/wikipedia/commons/7/78/Guacamole_IMG1277.jpg
>>>Source: Wikipedia Commons

If you're into healthy food then it's natural to worry about the junk food served up at parties. But don't despair. Healthy diets are no longer unheard of. One way to get around any awkwardness is to bring guacamole, a tasty, popular, and vegan side dish.



Vegan enthusiasm is starting to extend beyond people with allergies, like me, and certain pro athletes. In America, [Daniel Negreanu](#), listed as the highest-grossing poker player of all time, is busy promoting his vegan lifestyle as the main reason for his long winning streak.

Image>>>https://upload.wikimedia.org/wikipedia/commons/4/48/Veggies_on_a_cutting_board.jpg
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Fresh and Spicy Guacamole

Prep Time: 15 min **Total Time:** 20 min

A fresh salad from Mexico

Author: Kavitha

Recipe type: Salad/Side Dish

Cuisine: Mexican

Serves: 1 medium bowl of guacamole

Ingredients

Note – Guacamole is one of those dishes that will take on a life of its own. Try the recipe once, and begin experimenting. Exchanging fresh ingredients for dried, or for [prepared salsa](#), is a popular option.

You will need:

- 3 ripe medium avocados
- 1 ripe medium tomato – seeded and diced
- ¼ cup diced fresh jalapeño
- ¼ cup fresh finely chopped onion
- ¼ garlic clove, minced
- 1 lemon
- 1 lime
- ¼ cup fresh cilantro, coarsely chopped
- ¼ - ½ tsp. salt (to taste)
- Dash cayenne or chili powder (to taste)

Notes

- [How to select avocados](#) – you want ripe avocados. A ripe avocado will be dark hunter green and firm, but not hard, when you gently squeeze it. You can use pre-ripe and overripe avocados as well, but it will change the texture of your guacamole.
- If your guacamole seems dry your avocados might have been a little pre-ripe. Try adding a little bit of olive or coconut oil to add moisture.

Instructions

1. [Mash avocados](#).
2. Juice lemon and lime.
3. Mix remaining vegetables and spices together.
4. Cover vegetables with lemon and lime juice, mix well.
5. Add mashed avocados and mix thoroughly.



[Fresh and Spicy Guacamole – Step-by-step](#)

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Mashing avocados by hand will produce a chunky result, (and will take some work). For fast, silky smooth guacamole, throw the avocados into a food processor.



Image>>> <https://upload.wikimedia.org/wikipedia/commons/5/5d/Guacamole.jpg> >>>Source: Wikipedia Commons

If you're not opposed to eggs, you might try adding a little mayonnaise to your guacamole. This will produce a mellower guacamole that resembles most restaurant choices.

Prepared guacamole tends to brown very quickly. To prevent this save back the pits of the avocados. Place the guacamole in an (ideally) airtight container, and spread pits over the top. This will keep the guacamole fresh and green for days when kept refrigerated. This is especially vital if you started with overripe avocados.

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