The Wholefoods Guacamole Recipe

Ingredients

4 ripe avocados

Finely chopped white onion (I substitute red and use less)

1 Jalapeño or Serrano pepper, with seeds and finely chopped *

Coarsely chopped cilantro, to taste a teaspoon and a half)

1 clove of garlic, finely chopped

Lime Juice of half of a lime *

Salt and pepper, to taste

Mash the avocados with a fork so there are whole pieces.

*Caution:

When serving, provide small amounts and refill often, guacamole turns brown from oxidation so quickly. Ideally make it and serve it right away. Keep any unlikely leftovers in a tightly sealed container. Go easy on the lime juice and hot peppers it can overshadow the subtle flavors. Try buying Artesian or gourmet corn chips, don’t scrimp on the Chip.  

Enjoy It - Rick