
Guacamole

A classic.

From a gourmet club. Great as a dip with corn chips, as a garnish to accompany tacos and salads or as a stuffing for tomatoes.

Quantity	Ingredients	Preparation Notes
1 C	Avocado, mashed	• Mash avocado with lemon juice to retard discoloration
1/3 C	Tomatoes, peeled and chopped	• Then blend in all other ingredients.
2 tsp	Jalapeno chilies, chopped	• Serve with corn chips or fresh vegetables.
2 Tbsp	Onion, chopped	
1	Garlic clove, minced	
1 tsp	Lemon Juice	
2 tsp	Parsley	
	Salt & Pepper to taste	