

Guacamole

3 medium avocados

Juice of 1 lime

1 teaspoon salt

1/2 cup diced onion

3 tablespoons chopped fresh cilantro

2 medium tomatoes, diced

1 teaspoon minced garlic

Cayenne pepper to taste

Cut avocados in half and remove seeds. Scoop out flesh into a medium bowl. Add lime juice and salt; mash avocados with a fork until smooth. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper, if desired.

Selection and Storage

Avocados

Choose avocados that are slightly soft when gently squeezed in the palm of the hand. Avocados will continue to ripen at room temperature.

Refrigerate ripe avocados and use within 3–5 days.

Lemons & Limes

Select smooth, fine-textured skin and fruit that is heavy for its size.

Refrigerate and use limes within 2 weeks, lemons within 1 month.