

GUACAMOLE



STEVE'S RECIPE CORNER

1 tsp. Turmeric	½ Red Onion, Chopped fine.
½ tsp. Ground Cumin	1 Poblano Pepper, Fire roasted, peeled and seeds removed.
1 tbsp. Ground Coriander	½ Jalapeño, Fire roasted, peeled and seeds removed.
1 tsp. Coarse Sea Salt	½ cup Fresh Cilantro, Chop about half of it fine and mix with olive oil.
¼ cup Olive Oil	4 Avocado
¼ cup Lime Juice	
2 cloves Garlic, Chopped fine.	

SOURCE
Steve Ottersberg

Servings/Yield
8 servings

Equipment
- Balloon whisk
- Mixing bowl

Cuisine
North American :
Mexican

Categories
Appetizer, Salads

Nutrition Facts
8 Servings
Amount Per Serving
Calories 233
Total Fat 20.50g
Cholesterol --
Sodium 249mg
Total Carbohydrate
11.77g
Dietary Fiber 7.38g
Sugars 1.90g
Protein 2.42g

METHOD

- In a large mixing bowl add dry spices, and all liquid ingredients (only half of the lime) and whisk.
- Chop the garlic, onions, poblano, jalapeño and Fresh Cilantro, add to the liquid ingredients.
- Cut avocados into 1/2 inch cubes and add to the mixture.
- Cut the avocados individually and stir the avocado chunks into the liquid mixture as soon as they are cut to avoid oxidation.
- Mix to desired consistency. If you like a more creamy guacamole, use a potato masher to mash the avocado pieces.
- Cover the surface of the guacamole with the remaining lime juice and salt. This will prevent discoloration of the avocado.



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