



# NICHOLAS MARKETS

*Where People Who Love Food Love to Shop*



## FRESH GUACAMOLE

EASY AND DELICIOUS RECIPE # 1

CYNTHIA'S FAVORITE RECIPE

You are 20 minutes away to an wonderful, fresh and delicious appetizer or side dish.

*Prep Time: 10 min. • Ready Time: 10 min.*

## What you'll Need

### Ingredients



- 3 Hass Avocados (halved and peeled)
- 2 Roma Tomatoes (seeded, diced)
- 1/2 Medium Onion (diced)
- 1 Lime
- 1 Clove of Garlic
- 1/2 Teaspoon Kosher or Sea Salt
- 1/2 Teaspoon Ground Cumin
- 1/2 teaspoon Cayenne Pepper
- 1 Tablespoon Fresh Chopped Cilantro

### FRESH & EASY RECIPE'S START HERE

**I**n a large bowl place the scooped Avocado halves & squeeze a generous amount of lime juice. Toss to coat then drain and reserve the lime juice. Set aside.



Using a potato masher, mash the avocados into large chunks, then add: Salt, Cumin, Cayenne Pepper. Use a fork to mix in the seasonings.



Fold in the Onions, Tomatoes, Garlic and Cilantro. Add one tablespoon of the reserved lime juice and let sit at room temperature.

Serve with Tortilla Chips, Banana Chips or raw vegetables.

#### Tips:

The trick to great guacamole is to use really good ripe Avocados. Visit our produce Department to find fresh and already ripe Hass Avocados.

Also, this week, Green Mountain Tortilla Chips are on sale

2 for \$3.00



### Shopping List

---



---



---



---



---



---



---



---



---



---