

Excellent Guacamole

- 1 medium ripe tomato, finely chopped
- 4 Tbs. diced white onion
- 2 Serrano chilies, finely chopped
- 1 Tbs. fresh lime juice
- 1 tsp. minced garlic
- ½ tsp. salt
- 3 large avocados, preferably Haas
- 2 Tbs. finely minced fresh cilantro
- ½ tsp. ground cumin

Cut the avocados in half, remove the pits, peel and place on a plate. With a fork slightly mash the avocados and transfer to a large bowl. Put in the tomato, onion, chilies, lime juice, garlic, salt, cilantro and cumin. Mix and adjust the seasonings to taste.

If desired, you may sprinkle the guacamole with fresh cilantro, chopped white onion and tomato. To keep at room temperature for up to 1 hour, cover with plastic wrap, pressing it directly onto the surface. To keep for up to 3 hours, do not add the cilantro until just before serving, cover and store in the refrigerator.

Makes about 2 cups. Serve with low or no salt corn chips or fresh vegetables.

Adapted from: Williams-Sonoma recipes on-line.