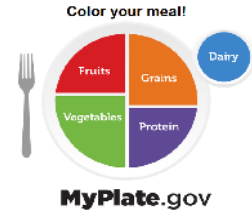




CHUNKY GUACAMOLE



Ingredients:

2 ripe avocados

1/4 red onion, minced

2 plum tomatoes, diced

1 medium lime, juiced

1 clove garlic, minced

1/4 tsp salt

Directions:

1. Peel onion and garlic clove. Rinse tomatoes.
2. If using, rinse cilantro. Pluck leaves from stems. Tear into small pieces.
3. Mince onion and garlic. Dice tomatoes into 1/4-inch pieces.
4. Rinse lime and cut in half. In a medium bowl, squeeze juice from each half. Discard seeds.
5. Cut avocados in half. Remove pits. Using a large spoon, scoop out flesh and add to bowl with juice.
6. Add salt to avocado. If using cumin, add now. Mash well with a fork.
7. Add onion, garlic, and tomatoes to avocado mixture. If using cilantro, add and stir.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention **Gleaners** when speaking with your SNAP representative.

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