

Speedy Guacamole



PREPARATION TIME
15 minutes



COOKING TIME
none



PERFECT PARTNER
tortilla chips



When fresh avocados are at their most expensive in the produce section of the supermarket, check out the frozen food section. Some supermarkets stock frozen avocado pulp, which is more economical.

SHOPPING LIST

- avocados • lemon • tomato
- sour cream • cilantro

ON HAND

- onion • salt
- red pepper flakes

Speedy Guacamole

INGREDIENTS

- 2 large avocados
- 1 tablespoon lemon juice
- 1/4 cup chopped onion
- 1 small tomato, deseeded, chopped
- 1 teaspoon salt
- 1/4 cup sour cream
- 1/2 teaspoon red pepper flakes
- 1 tablespoon chopped cilantro

SERVES **6**

COOKIN' *Express*

- A cut avocado turns brown quickly when exposed to air. To help keep it green, sprinkle the exposed surface with lemon juice and cover tightly with plastic wrap.

Make Ahead

You can make this dip up to 12 hours ahead and refrigerate until ready to serve.

VARIATION

For a Caribbean flavor, use lime juice and Creole seasoning instead of lemon juice and red pepper flakes.

1 Slice avocados in half lengthwise; remove pits. Scoop out pulp with a spoon into a small bowl. Mash with a fork until smooth.



2 Add lemon juice, onion, tomato and salt to bowl; mix well.

3 Add sour cream, red pepper flakes and cilantro to bowl; mix well.



4 Spoon guacamole into a serving bowl. Serve with tortilla chips or quesadillas.