

Herbal Legacy Recipes

Guacamole

submitted by Claudine Benson, Spanish Fork, UT

1. Mix together 2 ripe avocados, mashed or diced
 - 1 Roma tomato, diced
 - 2 green onions, diced
 - 1 garlic clove, minced
 - 1/2 fresh lime (more if not juicy)
 - 1 Tab. fresh cilantro, chopped
 - 1 jalapeno, minced (Remove seeds & veins.)
 - 1/2 tsp. salt
2. Serve with
 - Red Hot Blues tortilla chips
 - White triangle chips
 - Crisp, raw veggies
 - Bean dip
 - Enchiladas
 - Burritos

Note: Wash hands with soapy water after handling jalapenos.



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