



ANA's Kitchen Corner

This Week's Recipe: Classic Guacamole

Ingredients

- 3 large avocados, pitted and peeled
- 1/2 small white onion, finely chopped
- 1/4 c chopped cilantro
- 1 serrano chili, seeds removed, finely chopped
- 1 garlic clove, finely grated
- 2 limes, juiced
- 1/8 tsp salt

Directions

1. Spoon avocados into a medium bowl or mortar and pestle.
2. Roughly mash avocados with a fork and mix in onion, cilantro, chili, garlic, lime juice and salt.
3. Add extra lime juice or salt if needed, and sprinkle with extra cilantro before serving, if desired

Recipe from: www.foodnetwork.ca

Ana's Kitchen Tips & Tricks:

1. Coat your cheese grater with nonstick spray for delightfully clean, easy shredding.
2. Microwave lemons and limes to get more juice out. Zapping citrus for 15 or 20 seconds helps break down carbohydrates in the fruit and encourages maximum liquidity.