

Double Cilantro Guacamole

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Servings: 4

1 large clove garlic
1 serrano pepper
Kosher salt
2 medium ripe avocados
1/8 teaspoon ground coriander
large pinch ground cumin
2 teaspoons fresh lime juice
1/4 cup chopped cilantro

On a cutting board, roughly chop the garlic and the serrano. Sprinkle them with a big pinch of salt and continue to chop until the garlic and serrano are very finely minced. Transfer to a mixing bowl.

Cut the avocados in half. Remove the pit and peel and cut them into rough 3/4-inch dice or pieces. Add them to the mixing bowl. Sprinkle a generous 1/4 teaspoon of salt, the coriander, cumin and lime juice over the avocado. Using the back of a fork, gently mash and stir the avocado just until everything is well combined but the mixture is still just a bit chunky.

Add the cilantro. Stir again. Taste. Add more salt, lime juice or cilantro if needed.

Serrano peppers are hotter than jalapeno peppers. You can use the jalapenos if you prefer a milder guacamole. For an even milder flavor, consider an Anaheim pepper.

Per Serving (excluding unknown items): 3 Calories; trace Fat (5.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 3 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 5.3% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 80.9% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 13.8% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 1mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| | | Alcohol (kcal): | 0 |

