



GUACAMOLE



For each avocado:

1 T. onion
1 med tomato
1 red pepper
1 t. cilantro
1 t. parsley

1 T. olive oil
Pinch of salt
1 T. lemon or tangerine juice
1 clove garlic

Chop onion, tomato with seeds removed, red pepper, and cilantro. Place in bowl. Peel one avocado and mash. Add to bowl and blend together. Add parsley, finely chopped tomato, with seeds removed, and 1 T. olive oil and stir. If desired, rub the serving bowl with peeled section of fresh garlic that has been slightly crushed. Garnish with a dash of hot sauce, if “picante” and a sprinkling of freshly chopped cilantro or parsley). Serve

...continued on other side

immediately- or top bowl with a thin coat of 1T. olive oil with 1 T. of citrus to prevent guacamole from browning or (oxidizing). Enjoy with toasted pita chips drizzled with a pinch of ground cumin and saffron mixed into good olive oil (drizzle) just before toasting and serve warm for a different version of “chips & dip”.

Millerton Market
21 Main Street
Millerton, New York 12546
518-789-6677