
Great Guac

Dean Smiley

Servings: 4

Preparation Time: 20 minutes

Wonderful as a dip or topping.

3 med-lg. avocados, halved and seeded

1 small onion, chopped fine

1 small tomato, chopped fine

3 medium jalapeno peppers, chopped fine

1/8 teaspoon cayenne, Or to taste (1/8-1/4)

1/2 teaspoon salt

1 tablespoon horseradish

4 tablespoons sour cream

1 teaspoon lemon juice, bottled

1/2 teaspoon cumin

Slice ripe avocados lengthwise and separate by twisting the two halves opposite each other. Remove seeds, spoon meat into bowl. Peel and de-seed the tomato. Remove jalapeno seeds and veins. Add all ingredients to bowl and mash well.

Refrigerate for at least an hour for flavors to blend. If covered well this will last a day or two.

The 1/8 teaspoon of cayenne adds a little heat. Adjust as desired.

Appetizers, Dean

Per Serving (excluding unknown items): 54 Calories; 3g Fat (51.5% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 283mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.