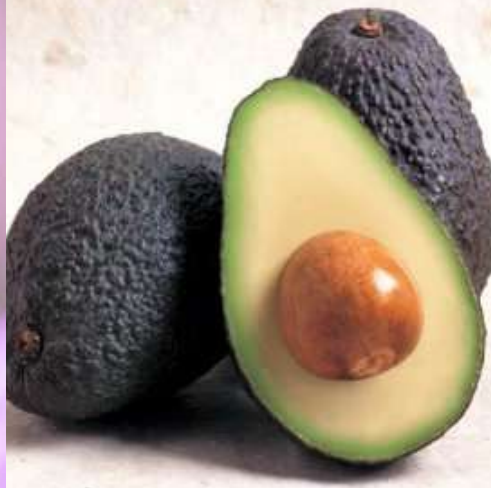




FUN FACT!

Avocados evolved to be dispersed by large land mammals, ground sloths and gomphotheres, that went extinct about 13,000 years ago, more than 7000 years before humans started cultivating them. Without their seed dispersers they should have also gone extinct. Their survival is an example of evolutionary anarchism.

THE BEST GUACAMOLE

by Jeannie, of Love and Lemons

Ingredients

- 3 ripe avocados
- ¼ cup diced red onion
- ¼ cup finely chopped cilantro
- Zest and juice of 2 limes
- 1 small diced jalapeño
- ½ teaspoon coarse sea salt, more to taste
- ½ teaspoon cumin, optional
- Tortilla chips, for serving

TOTAL TIME: 10 MIN
YIELD: 4 TO 6 SERVINGS

Directions

1. Start by dicing your mix-ins – the best guacamole I know uses red onion, cilantro, and jalapeño for a little heat.
2. Next, zest one lime, and juice two.
3. Now you're ready for the key ingredient: avocados! Slice three in half lengthwise, making one long, oval-shaped cut around the pit. Separate the halves and remove and discard the pits.
4. Without cutting through the peels, score the avocado flesh into a grid with a knife. Scoop it out of the peels and into a bowl along with the onion, cilantro, jalapeño, lime juice & zest, and salt.
5. Mash and stir everything together, until the components are well combined but the avocado retains a slightly chunky texture.
6. Get out the chips, and dig in!