

# Guacamole Dip

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## Ingredients:

- 2 Avocado, Mashed
- 1 Medium tomato, diced
- 1 Tablespoon red onion, diced
- ¼ tsp Cumin
- ½ tsp Himalayan pink salt
- 1 tsp lime zest and juice ½ of lime
- 1 Jalapeno pepper, chopped and seeded
- Chopped cilantro to taste

## Directions:

*Take a large mixing bowl, open the avocados with a pairing knife and take the large pit out. Scoop avocados out and mash with a potato masher in the mixing bowl. Dice tomatoes in separate bowl and add salt to the tomatoes. This step will draw the moisture out of the tomatoes. Add red onion, cumin, jalapeno, lime zest, juice and tomatoes. Stir gently and place pit back in the dip and let sit for 30 minutes before you serve.*