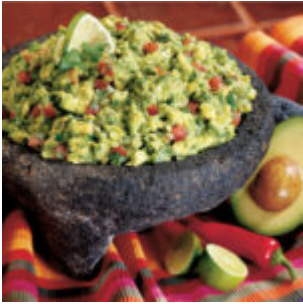


Rockin' Guacamole



Plan Z Phase: This is a Z3 (ZReboot) recipe.

This is a great tasting guacamole to accompany any Mexican dish. The key to a really good guacamole is to keep it simple and keep it fresh. Good, fresh veggies are essential.

Servings: Serves 6 to 8

Ingredients:

- 1 large, ripe avocado
- 1/2 small onion, chopped very finely (but not minced)
- 1/2 small tomato, diced in 1/4" cubes
- 1 small clove of garlic, minced
- 1 tsp fresh squeezed lemon juice
- 1/2 tsp cumin
- pinch of salt
- lime wedge (optional as a garnish)

Instructions:

Add all ingredients in a bowl and smash the avocado with a fork until you reach the desired consistency. Some people like their guacamole chunky, I like mine a bit more smooth.

Serve on Melba toast rounds or on whole wheat crackers. Zola recommends scooping out a portion of the guacamole on your plate so you can re-use your crackers (and consume less of them!). You can squeeze some fresh lime on your guacamole if you want a little more of a citrus punch to it.

Goes great with Zola's cheesy chicken enchilada casserole or Efrem's tortilla-less enchiladas!

Enjoy!

Cheers,