

# Guacamole



Recipe courtesy of Alton Brown

Show: Good Eats | Episode: Dip Madness

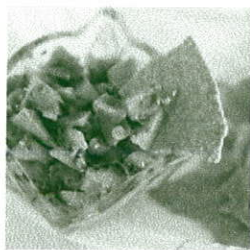
Total: 1 hr 20 min  
Prep: 20 min  
Inactive: 1 hr  
Yield: 6 servings  
Level: Easy

## Directions:

**1** In a large bowl place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated. Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.

## Ingredients:

- 4 • 3 Haas avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 tablespoon chopped cilantro
- 1 clove garlic, minced



## Mango Salsa



Prep  
15 m

Ready In  
45 m

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Recipe By: IYENGAR21

"This is a very tasty mango salsa that is great served over fish. My favorite is any fish blackened with Cajun seasoning and then topped with this salsa. Also great for dipping chips."

### Ingredients

1 mango - peeled, seeded, and chopped  
1/4 cup finely chopped red bell pepper  
1 green onion, chopped  
2 tablespoons chopped cilantro

1 fresh jalapeno chile pepper, finely chopped  
2 tablespoons lime juice  
1 tablespoon lemon juice

### Directions

- 1 In a medium bowl, mix mango, red bell pepper, green onion, cilantro, jalapeno, lime juice, and lemon juice. Cover, and allow to sit at least 30 minutes before serving.

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