

Guacamole

Figure (at the most) 1 avocado per person.

Cut avocados in half, remove seeds and outer skin, reserving 1 or 2 seeds to place in the final dip.

The following is a serving for 3 or 4 people. Just increase the seasonings proportionately for larger amounts.

Mash the avocados with a fork ^(or 2 forks) until they are a fairly fine texture.

to this add 1 tomato, skinned, seeded and chopped.

1 white onion (small) very finely chopped.

1 large garlic clove put through a press or very finely minced.

1 large tbs. of red chili sauce (salsa)

$\frac{1}{2}$ tsp of cumin powder

$\frac{1}{4}$ tsp of coriander powder

salt and pepper

1 tbs. of lime juice (or lemon but lime is better)

Serve in a non-metallic bowl on a bed of Romaine (preferred) ^(or?) and place the avocado seed in the center (Shine + polish the seed if you want a fine contrast of visual textures) and line the edges of the bowl with rings of red onion — (over)



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Bar Soap
 Parmesan cheese
 Swiss cheese
 Ground Beef
 Scallions
 Lettuce
 Bacon
 Beef soup