

Refreshing Cucumber Guacamole

Yields: About 2 cups

Prep time: 15 minutes

Ingredients:

- 2 ripe avocados
- 1/2 cucumber, peeled, seeded, and finely chopped
- 1/4 cup chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1-2 cloves garlic, minced
- 1 jalapeño pepper, seeded and minced (optional)
- 1 tablespoon lime juice
- Salt and pepper to taste

Directions:

Step 1

Prepare Avocados: Cut avocados in half, remove pits, and scoop out the flesh into a medium bowl.

Step 2

Mash Avocados: Mash the avocados with a fork or use an immersion blender until you reach your desired consistency.

Step 3

Combine Ingredients: Add the chopped cucumber, red onion, cilantro, garlic, jalapeño (if using), lime juice, salt, and pepper to the mashed avocado.

Step 4

Mix Well: Stir everything together until thoroughly combined.

Step 5

Chill (Optional): For best flavor, cover and refrigerate for at least 30 minutes before serving.

Tips and Variations

- **Add-ins:** Get creative with add-ins! Try diced tomatoes, chopped scallions, a pinch of cumin, or a sprinkle of smoked paprika.
- **Spice Level:** Adjust the amount of jalapeño to your desired heat level.
- **Serving:** Serve your guacamole with tortilla chips, pita bread, or as a topping for tacos, burritos, or salads.