

## RECIPE 4-46

## GUACAMOLE

Recipe Yield: 1 quart

MEASUREMENTS		INGREDIENTS
U.S.	METRIC	
8 ounces	227 mL	Fresh tomato, peeled and seeded (or diced tomatillos)
4 ounces	113 mL	Onion, diced
2 teaspoons	10 mL	Jalapeño, seeded and minced
2 each	2 each	Garlic cloves, minced
4 ounces	113 g	Lime juice, fresh
3 tablespoons	45 mL	Cilantro, fresh chopped
1½ pounds	680 g	Avocado pulp, fresh
To taste	To taste	Salt

## PREPARATION STEPS:

1. In a food processor, combine the tomato, onion, jalapeño, garlic, lime juice, and cilantro. Purée to a coarse consistency.
2. Place the avocado pulp in a large bowl, and fold in the tomato salsa mixture.
3. Add salt and lime juice to taste.
4. Serve fresh with tortilla chips.

## RECIPE 4-47

CUCUMBER  
RAITA

Recipe Yield: 1½ pints

MEASUREMENTS		INGREDIENTS
U.S.	METRIC	
1 each	1 each	Cucumber, large
2 cups	454 mL	Plain yogurt
2 Tablespoons	30 mL	Cilantro leaves, chopped
2 Tablespoons	30 mL	Mint leaves, chopped
2 each	2 each	Green chile, seeded, minced
To taste	To taste	Salt
To taste	To taste	Pepper
2 teaspoon	10 mL	Cumin seeds
2 teaspoon	10 mL	Mustard seeds
As needed	As needed	Cilantro or mint, to garnish

## PREPARATION STEPS:

1. Cut cucumber into matchstick-sized pieces and place in a bowl.
2. Add yogurt, cilantro, mint, chile, and salt. Blend gently.
3. Add pepper. Refrigerate at least 30 minutes before serving.
4. Garnish with herb leaves.