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Prevent and Protect
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7 WAYS TO MIX AND MASH OPRAH.COM – MAY 2012

To make a creamy dip that is tailored exactly to your tastes, start with the classic guacamole recipe, then follow these adjustments!

Classic Guacamole

- 4 ripe Hass avocados
 - 1 teaspoon kosher salt
 - 1 tablespoon finely minced garlic
 - Juice from 1 lime (about 3 teaspoons)
 - 1 jalapeno pepper, seeded and finely minced (leave in some of the seeds for more heat)
 - 1 bunch cilantro, de-stemmed and chopped (about 1 cup)
 - ½ medium Spanish or red onion, finely minced (about ½ cup)
- Remove avocado flesh from skin and pit. In a large stainless steel or glass mixing bowl, mash avocado, salt, garlic, and lime juice until you reach the desired consistency.
 - Fold in jalapeno, cilantro, and onion.
 - Taste and season with more salt or lime juice as desired. Serve with tortilla chips.

Apple and Mango Guacamole:

Leave out the jalapeno from the base recipe. Dice 1 crisp apple (cored, skin on) and 1 peeled and pitted mango. Mince a few basil leaves and 1 seeded Serrano chile. Fold everything into guacamole.

Goat Cheese and Poblano Chile Guacamole:

Using a sheet tray, roast 1 poblano chile in a 450 degree oven until skin starts to blacken and char, about 15 minutes. Remove, let cool fully, and then peel off skin. Seed, de-stem, and finely dice. Chop 1 seeded plum tomato. Fold poblano, tomato, and 2 tablespoons crumbled goat cheese into guacamole.

Nutty Guacamole:

Fold in ¼ cup chopped toasted or candied nuts, like pecans.

BLT Guacamole:

Chop and cook 3 strips of bacon. Dice 1 seeded plum tomato. Include ½ diced red onion. Fold everything into guacamole.

Edamame Guacamole:

Fold in ½ cup cooked edamame beans, 1 tablespoon Sriracha hot chili sauce, and a few minced basil leaves.

Margarita Guacamole:

Stir in ¼ cup tequila and the zest of 1 lime. Moisten the rim of a serving bowl and dip it in kosher salt, then add guacamole.

Sushi Guacamole:

Fold in 4 ounces chopped smoke salmon.