

Southwestern Guacamole

Serves: about 2 cups Print

Ingredients:

2 jalapeno peppers
2 avocados, peeled and pitted
¼ corn, thawed if frozen
¼ cup black beans, rinsed
2 roma tomatoes, peeled and diced
¼ cup red onion, minced
¼ cup cilantro, minced
juice of ½ a lime
generous pinch of salt
cooking spray

Directions:

1. Preheat oven to broil and place top rack 6 inches from the heating element. Line a baking tray with aluminum foil. Spritz all sides of jalapeno peppers with cooking spray, and place on prepared baking sheet. Broil for 5 mins, flip peppers, and broil for 5 more mins until the skin is charred. Remove from the oven and place the jalapenos in a bowl tightly covered with plastic wrap. Allow peppers to steam for 15 mins. Peel the outer skin off of the peppers. Discard stem and remove seeds. Chop jalapenos in to a small dice.
2. In a mixing bowl, mash avocado with a fork to your desired texture. Add jalapenos, tomatoes, corn, black beans, red onion, cilantro, lime juice, and salt. Stir to combine. Serve immediately!

Recipe notes:

*Guacamole is best served fresh, because avocados get funky when they're in contact with oxygen for too long. You can store leftovers for 2-3 days by storing guac in a glass container and placing a layer of plastic wrap directly on top of the guac before placing the lid on the container. You may have to scrap off the top layer, but it stays bright green below!

*To choose a perfectly ripe avocado, give the avocado a light squeeze with your fingers. You want it to have a little give, but you don't want it to be too soft when you apply a little pressure. Too soft means it's past it's prime. Too hard means it needs a few more days before it's edible. It's the same process and feel as picking the perfect peach. Another trick is to pop off the nubbin at the top of the avocado. If it's still green underneath and the avocado has a slight softness when you squeeze it, the avocado is perfect! If it's brown underneath, move on to another avocado.

*A lot of sources suggest wearing gloves when working with spicy peppers, because the oils in the pepper can really burn or irritate your skin. I choose not to do this. However, when you're finished working with spicy peppers, rub a generous amount of table salt into your fingers and hands (whatever touched the pepper). Wash your hands with soap and water after. Rubbing the salt in to your fingers helps to extract the oils from your skin.

*If it's fresh corn season, roasted corn would be really nice here. Place the corn still in the husk on a baking tray, and roast at 350 degrees for 30 mins. When cool to the touch, add cut the kernels off the cob, and add them to your guac! Grilled corn would taste great too!