

Shopping List

Produce

Un-ripe avocados (3 small)

Garlic

Jalapeno pepper (1-2)

Lime

Tomatillos (optional)

Bulk

Salt

Dairy

Milk or milk alternative



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Check out our food blog
"Sassy Sampler" at
[www.communityfoodcoop.
wordpress.com](http://www.communityfoodcoop.wordpress.com)

You can sign up to receive
weekly recipes via email

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FOOD CO'OP

Est. 1970—Celebrating 40 years!

Guacamole Picoso



Source: Ciao Thyme

Guacamole Picoso

INGREDIENTS

4 unripe small avocados

1-3 cloves garlic, peeled and chopped coarsely (to taste)

1-2 small jalapeno peppers, seeded and chopped (to taste)

~ 1 1/2 c Milk or milk substitute (rice, soy, etc.)

Salt (to taste)

1/2 of a Fresh lime

Tomatillo, chopped, optional (to taste)

INSTRUCTIONS

1. Cut and de-pit avocados and put them in a blender/food processor. You can slice them a few times to make them easier to blend.
2. Add half of the milk or milk substitute .
3. Add garlic and jalapeno pepper.
4. Blend until combined and mixture starts to get smooth. Continue adding more milk until it reaches the desired consistency.
5. Remove from blender/processor and put guacamole in a bowl. Add salt to taste—be sure you taste the guacamole with a sample of what you will serving it with—this could dictate how much salt you actually need to add.
6. Squeeze lime half into bowl and add tomatillo (if using) to taste and mix.
7. Serve and enjoy!

Note—if it doesn't get as smooth as you would like in the food processor, throw it in a blender and it will get smoother!

Ciao Thyme offers a fresh style of catering that features local, seasonal produce and on-site cooking. Menus are written specifically for the season, venue and the client's taste.

Ciao Thyme is a member of Sustainable Connections, and follows the guidelines of the international Slow Food movement. They also buy direct from farmers in Whatcom and Skagit counties.

Along with catering, Ciao Thyme also offers classes and Incognito dinners on the 3rd Thursday of every month.

For more information, visit their website at www.ciaothyme.com or give them a call at (360)733-1267.



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Makes about 3 cups